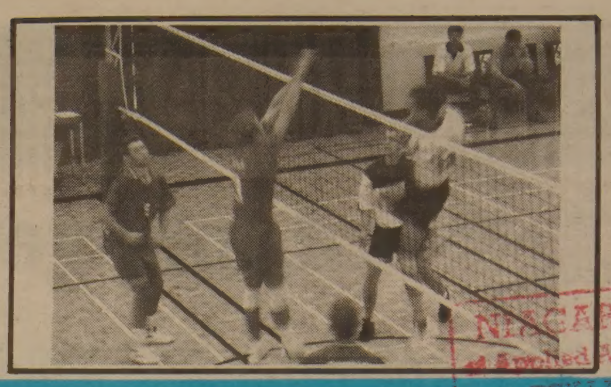


Men's volleyball ranked 14th in country, Page 26

NIAGARA COLLEGE of Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

Well & Eatery
All-U-Can-Eat Pasta
Thurs. to Sun.
5-9 p.m.
only $7.95
St. Charles Plaza
Welland 734-1782

NIAGARA NEWS

VOLUME 27, NO. 6 —FREE— DEC. 6, 1996

Many Thanks & Happy Holidays from the Journalism-Print Program

Sisters party

By SAMANTHA GOLDWIN
Staff Writer

The Big Sisters of Welland and Educational Resources and Special Needs (ERSN) students from Niagara College organized a Christmas craft party for little sisters on Nov. 21.

"The little sisters really enjoyed the Christmans craft night," said Joanne McKinley, executive director of the Welland Big Sisters organization.

"There were five different stations of crafts. It's been an ongoing event. We have used the services of the ESRN program for a really long time," said McKinley.

The ESRN students put together this night for their volunteer hours.

"It's a little stressing to get everything together," said Cindy Sullivan, 19, a first-year ESRN student at the college.

Sullivan said there was a list to choose from on a bulletin board.

"It just seemed like something fun to do rather than the usual. It was a little more exciting, something you could get more involved with," she said.

The Christmas craft party was held at the Sunset Haven Auditorium on First Avenue in Welland.

The students entertained between 30 and 50 little sisters for about two hours.

(Continued on page 3)

Contemplating Christmas

Nine-month-old Kaila Akershoek of Welland anxiously awaits the visit of Santa Claus. Kaila is in infant care of the Niagara College day-care centre. Her mother, Eillen Akershoek, works in the college's scheduling department.

Photo by Ryan Barber

The work begins

By HYOJEONG KIM
Staff Writer

The construction of the first student residence began at the college's Welland campus on Thursday, Nov. 28.

The residence, accommodating 231 students, will be located in the north-east corner of the college — the area surrounded by College Park Drive, First Avenue and Ring Road.

It is scheduled to open in September 1997.

Master Plan Project Manager Warren Yule said after the college negotiated with 26 general contractors, Bradscot Construction Ltd., of Markham, Ont., became "the successful contractor" picked to construct the residence.

The construction will cost about $4.9 million — funding that comes from a loan from the Bank of Montreal, said Yule.

The residence will be a three-storey building with 114 double suites including three double suites with wheelchair accessibility plus three single suites.

Each suit has a kitchen, a bathroom, and two bedrooms with a telephone and study facilities.

There will be also a large games room, a group study area, six small common rooms on each floor and laundry facilities.

Yule said the property manager, an architect and college

(Continued on page 3)

College in limbo

By JHIM BURWELL
Staff Writer

The economic future of Niagara College is in limbo again.

Niagara College President Dan Patterson said we are "anticipating (provincial Finance Minister) Ernie Eves' statement" to set the details for the 1997-98 college budget.

In a letter to all Ontario college presidents, Brian Desbiens, the chair of the Council of College Presidents, said "it is my understanding that they (the Ministry of Finance) remain hopeful the transfer grants will be comparable to last year, with a slice taken off for system-wide initiatives."

Desbiens added there will be "no

(Continued on page 3)

INDEX

Letters to the Editor 9
Politics 11
Entertainment 22
Sports 26, 27
Eating Well 29
Science 30

STUDENT SAVER FAIR

From WELLAND'S *DAYS INN* to *Toronto*
$28 each way based on a return + GST

From St. Catharines *Holiday Inn* or *Niagara Airbus* base to *Toronto*
$24 each way based on a return + GST

Satisfaction Guaranteed

Call Your Travel Agent
or
"We Drive For You — Door to Door"
NIAGARA AIRBUS
Phone 374-8111 (24 hours) Fax 374-0932

CAMPUS NEWS

'Very excited' about her role on college board of governors

This is the first in a series of articles featuring members of the Niagara College Board of Governors.

By HEATHER BURTON
Staff Writer

Joan Warbis says she is "very excited" about her newest challenge and is "very much in a learning mode."

JOAN WARBIS
Photo supplied by Communication and Planning

She is one of eight new members on the Niagara College Board of Governors.

Support staff representative on the board of governors, Warbis is a development officer with the college's Access and Student Success division.

A "broad-based knowledge" of the college and its support staff, Warbis says, is something she has to offer the board.

Her three-year term on the board, which she applied for with three other people, started in the summer.

Warbis attended some summer meetings to get an understanding of the board proceedings. "I was the lucky one," chosen for the board of governors, she says.

Warbis is sitting on the property committee for the board and reviews developments on college properties such as the new Glendale campus and the proposed Welland student residence.

Prior to a 16-year career with the college, Warbis was a full-time mother of two college graduates and also a part- and full-time student at the college herself.

She says being a student has helped give her a broader understanding of the college.

After completing her school term, Warbis was hired as a secretarial replacement, a position which led to teaching word processing and development work.

"I've worked in a lot of post-secondary departments of the college and have a pretty fair view of what the college is about."

On working with the board of governors, Warbis says, "The board is wonderful. The members are great."

Warbis expresses optimism about the future of the college. "It's not easy going through all the changes (the board is) going through, but hopefully we're going in the right direction."

The Niagara College Board of Governors meets the first Thursday of every month in the Welland campus' board room in Hennepin Hall to discuss and review developments pertaining to the college.

Native Centre, college sign training agreement

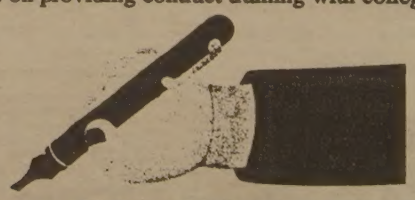
BY PENNI TONEGUZZO
Staff Writer

Niagara College and the Fort Erie Native Friendship Centre are partners.

The signed agreement is to meet current and future training requirements in the Greater Fort Erie area.

The two establishments agree to create an education complex in Fort Erie and to provide an accessible location for Niagara College to deliver accredited and vocational courses and programs. They will also establish training activities in order to strengthen the community institutions locally, nationally and internationally.

The curriculum will offer computer courses and there have been ongoing discussions on providing contract training with colleges in Buffalo, N.Y.



However, because of different training criteria and currency values, this option is still being discussed.

This agreement will offer distance education courses that can be delivered on-line and delivered throughout the native community.

It will also offer the new Independent Learning program designed for learning at a student's own pace.

The Fort Erie Friendship Centre is located on Buffalo Road, but negotiations for a new location in downtown Fort Erie are on the table.

Students get scholarships

Alumni Association gives $100 entrance scholarships

By GORD WITTENBERG
Staff Writer

The Niagara College Alumni Association presented 10 entrance scholarships worth $100 each at an awards ceremony held at Hennepin Hall on Nov. 21.

The scholarships were based on the highest grades in English, math, and science. Seven of the scholarships were based on Grade 12 marks and three were through the Niagara College adult learners program.

The awards were presented by Niagara College President Dan Patterson and alumni co-ordinator Lewis Silvestri.

"I'm glad that the Alumni Association was able to play a part in recognizing the high quality of students like yourselves that we have here in the college," said Silvestri.

He said he hopes the students keep this kind of thing (the scholarships) in mind down the road when they graduate, and will support the alumni association "so we can do this for somebody else in the future."

"We trip once in a while, but are looking for your good ideas to improve," said Patterson. "We are trying to make Niagara College as successful as we can. We want to be very much a part of your journey through life's long learning."

The Alumni Association is at present working on a student bursary. From now until the end of March, the government is sponsoring a matching grant called Two for One. For every dollar someone donates, the government will match it.

"Because of the high cost of living and the cost of the books and tuition, everybody is struggling," said Patterson.

The scholarships were accepted by Shawn Hill 19, of St. Catharines; Steve Chan, 19, of Niagara Falls; Carolyne Homes, 19, of Welland; Nadine D' Angela, 19, of Sarnia; Nicole Jamieson, 19, of Sarnia; John Lerose, 19, of Niagara Falls; Sharlene Stafford, 40, of Welland; Christine Somerville, 28, of Welland; Selene Brennand, 21, of Niagara Falls; and Rob Mezo, 19, of Welland.

The Alumni Association is presently working on a student bursary

FAST TRACK
JANUARY START PROGRAMS
at Niagara College
NOTE: Bring your $30 Application Fee cheque, payable to O.C.A.S. We will forward it to the Ontario College Application Service with your application.
Apply now, only a limited number of spaces are available.

HIGH SCHOOL GRADS! Bring your final transcript.

- Business – Accounting (Academic)
- Business – Accounting (Co-op)
- Business Administration – Accounting/Human Resources Management/Marketing/ Operations Management (Co-op)
- Business – Retail Management
- Business – Sales
- Computer Engineering Technology (Co-op)
- Computer Programmer
- Computer Programmer/Analyst (Co-op)
- Culinary Skills
- Culinary Skills – Native
- Dental Office Administration
- Educational Resources and Special Needs
- Electrical/Electronics Engineering Technician
- Environment, Health and Safety Co-ordinator (Co-op)
- Environmental Technician, Water/Wastewater
- General Arts and Science
- Horticultural Technician (Co-op)
- Hotel and Restaurant Administration (Co-op)
- Journalism – Print
- Law and Security Administration
- Manufacturing Technician*
- Mechanical Engineering Technology (Co-op)
- Office Administration – General
- Quality Control Technician*
- Recreation Leadership
- Tourism, Tours and Attractions (Co-op)

* Programs pending approval by the Ministry of Education and Training.

NO HIGH SCHOOL DIPLOMA?
Bring your academic r ecords. Infor mation will be available on admissions testing - you may qualify as a matur e student if you ar e 19 or over . Advisers will be available to answer your questions.

COLLEGE & UNIVERSITY GRADS!
Check out our post-diploma *Advanced Studies* programs:

- Cultural Resources Management (Post-diploma)
- Environmental Management (Post-diploma)

NIAGARA COLLEGE CANADA
NIAGARA COLLEGE

ADMISSIONS OFFICE, Welland Campus, SE103
300 Woodlawn Rd., Welland ON. Monday to Friday,
8:30 a.m. to 4:30 p.m. For more information, call: Ext. 7618,
(905) 735-2211 • 641-2252 • 382-2383 • 684-4315
• 374-7454 • 563-3254

Classes Start JANUARY '97

NIAGARA COLLEGE
Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

THE STORY CONTINUES

Niagara College makes headway in Maclean's

By JHIM BURWELL
Staff Writer

It wasn't exactly a sneak attack, but the mark was hit.

Ontario's 25 colleges introduced themselves to Maclean's magazine readers in the Nov. 25 university issue.

"It was a powerful piece," said Niagara College President Dan Patterson, with pride in his voice.

"Everyone is looking at what's happening in universities; then there is this piece."

The four-page advertisement has sections like **How Colleges Enhance Your Career Prospects, Recognition From Industry Giants** and **Look Where College Can Take You.**

The supplement points out the role of the "unsung hero" played by Ontario's colleges, as described by John Saso, CEO of the Law Society of Upper Canada. Patterson replaced Saso as Niagara president.

With this move, the Council of Ontario College Presidents "have decided to be active advocates" of the college system, said Patterson.

'It was a powerful piece'

All 25 colleges in Ontario agreed to the special advertisement, showing unity in the desire to market community college education.

"It is an attempt to show the strengths" of the college system, said Patterson.

The piece included positive quotes from industry officials and facts about the reality of community college education, like "six months after graduation, 82.6 per cent of 1994-95 post-secondary college grads in the labor force are employed in every sector of the economy."

The last page has the logo of all 25 colleges with a description of what each offers. Niagara College's entry reads: "Niagara College offers more than 50 postsecondary and advanced study programs in access and student success; business and entrepreneurship; health and community studies; hospitality and tourism; information and computer technology; and integrated manufacturing and customized training. Recent innovations include call centre training and casino training."

Budget cuts delayed once again

(Continued from page 1)

final decision" about the transfer grants to colleges until the findings of the recent investigative panel on post-secondary education have been presented to the government.

Patterson expressed some concern over the delays when he said the college administration has "to give people time to prepare for cuts."

"On Nov. 29 last year Eves' announced cuts and we immediately began working day and night to deal with it."

The Ministry has delayed announcing the details of next year's budget twice. "The numbers aren't adding up so they (the Ministry) have to go back to the drawing board," said the president.

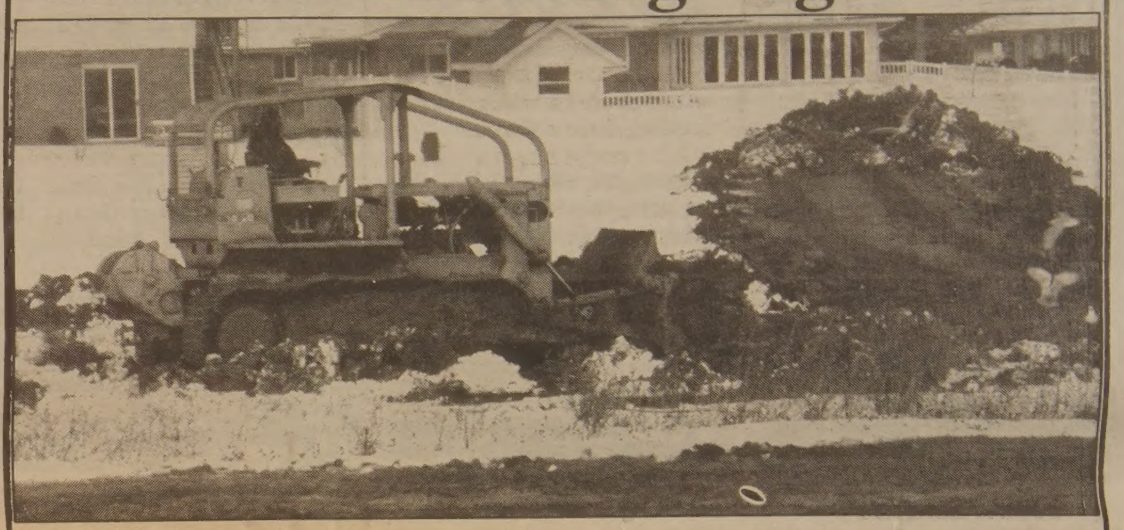
Most statements from the ministry have indicated no more cuts beyond last year, but the delay suggests otherwise.

"We were pleasantly surprised when the Ministry indicated no more cuts, but the delays raise a cloud of uncertainty," said Patterson adding the situation "makes planning difficult."

Administration to give people time to prepare for budget cuts

One solution to the yearly angst felt by post-secondary administrations that is being pushed for by the Council of Presidents is a multi-year ministry budget said Patterson. Such a plan would allow for long-term planning of facilities, funds and programs.

Let the bulldozing begin



It took a little while, but work is finally beginning on the new student residence. The building is expected to open next September.
Photo by Robert Hallett

Student residence

(Continued from page 1)

staff designed the building.

It will cost students about $390 a month including all utilities, but Yule said, "It's not confirmed yet."

The managers of the residence will start working in March because there are a lot of things to be done before the residence actually opens.

He said it is possible to plan to build another residence at the new campus in Niagara-on-the-Lake, but it depends on "the response of this residence."

"We'll reserve some space for the future residence in the new campus in Niagara-on-the-Lake," said Yule.

Fundraising Boon

By JHIM BURWELL
Staff Writer

The "momentum is building" for the Niagara College Foundation fund-raising campaign, says Niagara College President Dan Patterson.

The first of five instalments of a $300,000 contribution from the Donohue Corporation was presented to Patterson and Keith Dill, chair of the Niagara College Foundation board at the St. Catharines Club on Nov. 27.

The Donohue Corp. is the largest producer of newsprint in Canada and the third largest in North America.

At the presentation, Patterson and Dill met with Michel Desbiens, the new president and CEO of the Donohue Corp., which has a newsprint paper mill in Thorold.

"They were approached over the last three years," said Patterson. "Our fund-raiser went to them when they were the Q&O Corp."

Corporate interests won't influence Niagara College

Patterson said the money is a "major corporate contribution." The college has not yet committed to naming any rooms or facilities after the contributor.

Patterson said the "biggest key is to make sure education isn't being skewed toward business interests."

Niagara College is not influenced in its decisions by corporate interests, said the president.

Big Christmas

(Continued from page 1)

Walking around the craft area, most little sisters were covered in green paint from decorating Christmas balls, or stuck with cotton balls to their fingers from making the beards of Santa Claus and ruffles on stockings.

"We've got reindeer candy-canes, Christmas balls to hang on the tree, and Amie is our specialist for making the stockings," said Sullivan.

There were refreshments afterwards for everyone involved.

"I had a great time, it's fun having a night out with my big sister. I made a stocking and balls to hang on my Christmas tree," said one little sister. The organization asked her name not be published.

"The little sisters can't wait till the next Christmas craft party," said Joanna Stubbs, recreation co-ordinator from Welland Big Sisters.

Willomar Farm
EQUESTRIAN BOARDING FACILITY
English Riding Lessons and Training
Marilyn Kavanagh
Farm Manager
905-684-9348
2835 Oille Street
R.R. #1, St. Catharines
Ontario L2R 6P7

Another reward of higher education...
Get $750 towards the purchase or lease of any new GM vehicle.
$750 GM GRAD PROGRAM
1-800 GM DRIVE
GM

SAC honorarium

Student council wants a raise

By ADAM KIESWETTER
Staff Writer

Basically, you're looking at the cost of a movie and a bag of popcorn.

Composed of the money usually given to the now abolished position of vice-president of social affairs, the proposed honorarium increase for Student Administrative Council (SAC) will only amount to about $10 each if SAC decides to go through with the raise.

Currently, the five executive members of SAC (excluding the three student representatives) are required to work at least 10 hours a week and receive an honorarium every two weeks.

The president receives $170 and all other members receive $140.

SAC President Jason Chase, 21, who during last March's student council elections suggested SAC members increase the number of hours they commit to serving students as a cost-cutting measure, is now the lead proponent of the proposed honorarium increase.

"When you look at the amount of time you put into school hours, then look at how much time you put into SAC . . . where am I supposed to put work in? Any outside activities such as OCCSPA (Ontario Community College Student Parliamentary Association) and other committees, they take up my evenings, so I don't really have time for a part-time job on the side, and I think that with the increase we're looking at maybe $10 a week — you're looking at basically the cost of a movie and a bowl of popcorn."

SAC

Chase says although SAC has been taking on some added responsibilities since the abolishing of the vice-president of social affairs position, many of the responsibilities have fallen into the lap of Dave Rapelje, the student centre manager.

Still, Chase says a SAC honorarium increase is long overdue, and is fully supporting the proposal.

Previous requests for approval of the increase were vetoed at a joint SAC and Board of Directors meeting in late November.

Don Woodruff, 21, executive vice-president of SAC, says he basically opposes the increase because he feels those who support it haven't provided adequate reasons as to why SAC members should be granted an honorarium increase.

"What's the reasoning? I can't see the membership appreciating an increase without a reason."

SAC faculty liaison Lou DiMattio says she's "certainly not opposed" to the increase.

"They haven't had an increase in quite some time, and I'm not opposed to it providing they are showing an increase in functions, and in their role of informing students about the college.

"It's like the carrot in front of the donkey, and if they're going to push themselves that much more, then I'm all for it."

Niagara College President Dan Patterson says he can "appreciate the need to effect an increase," particularly when it's only a matter of about $10.

"I've seen a tremendous amount of work by SAC put into activities and the college," he says.

Singapore bound

By RICHARD MANCUSO
Staff Writer

Debra Grobb is going to Singapore.

An English teacher employed by the Access Division of Niagara College, she has been teaching at the high school level for three years.

Grobb will leave to teach English in Singapore on Dec. 16.

"It's a three-year contract with the Ministry of Education teaching English literature. That's what I'm formally trained for so I'm finally going to get to practise it," she says, smiling.

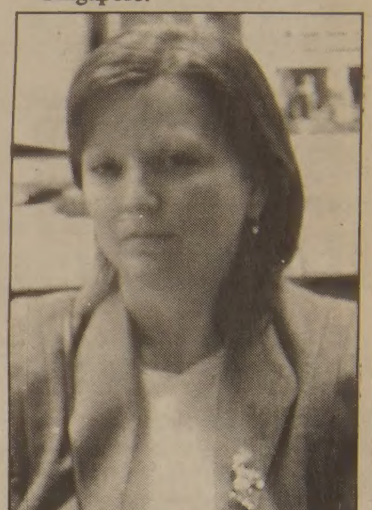
This opportunity came when Grobb answered an ad in the Toronto Star asking for people to teach abroad. After sending in her application, she was asked to an interview and then signed to her three-year contract.

Grobb said she had no idea where she would be going when she answered the ad. In the luck of the draw, Singapore was picked.

After finding out which country she would be calling home for the next three years, Grobb decided to do some research.

She says she went to the library and looked at every bit of information she could find about the country so she would have some knowledge of Singapore when she arrived.

During her time there, Grobb will be contacting Jos Nolle, manager of the International Education Department at Niagara College, on a regular basis. Although she has no contractual obligation to do so, she has a verbal agreement with Nolle to promote the college in Singapore.



DEBRA GROBB

Grobb received her masters of education degree from Canisius College in Buffalo, N.Y., and did her undergraduate work at Brock University in St. Catharines.

She says she will receive personal and educational growth from this experience.

Niagara to offer independent learning

BY PENNI TONEGUZZO
Staff Writer

The Continuing Education department has begun new productions for the students at Niagara College.

Director of Continuing Education, Foster Zanutto, says he is proud to announce the opening of the Independent Learning Centre.

Zanutto says the Continuing Education department has received final approvals for the centre which will be located in the Hennepin building, room H30, in January.

It is a 15-station microcomputer lab that lets individuals gain expertise and skills through a computer-based multimedia program.

It allows students to learn at their own pace and without a teacher. It will enable students to do the work according to the learner's personal schedule.

Zanutto says he is not saying that we don't need teachers but that many students learn better on their own.

Studies have shown that students learn 30 per cent more, 90 percent score higher, and 98 per cent enjoy their studies more, with the new program.

Zanutto says the new program is not offered to staff and post-secondary students as of now, but in January there will be opportunities.

He says there is already a lot of interest in the new program. "We're already discussing a contract with a local business."

The cost of the course is the same as other courses, $150-$200.

"Time will tell if people like the new program. Things are really changing with the development of technology," said Zanutto.

Tuition-free college

Staff Writer

Niagara College is offering a series of 21 tuition-free programs beginning in January.

The employment-specific programs are sponsored by Human Resources Development Canada and are available to anyone receiving or eligible to receive employment insurance or who has established a claim in the past three years, or has a parental-maternity claim in the past five years.

Some of the programs include Event and Conference Specialist, Human Resource Management Specialist, Exceeding Customer Expectations, International Product Broker, Cook Training, Food Service Professional, Hospitality Operations Certificate, Professional Bartender, Slot Operations Skills, Gaming Machine Repairer, Tool Making Enhancement for Tradespeople, Geographic Information Systems, Enterprising Edge On-Line, Call Centre Service Representatives and Preparing for the New Economy.

The programs operate from six weeks to 40 weeks.

More information can be obtained by telephoning Marg Runka, the college's development officer, at 735-2211, Ext. 4008.

A strong message for responsible boozing

By ADAM KIESWETTER
Staff Writer

Before you gulp down that last rum and eggnog this Christmas, just think about how you're getting home.

Student Administrative Council (SAC) ran their Alcohol Awareness Week Dec. 2-6, to inform students about the evils of alcohol and irresponsibility.

They want to send out a strong message to students this holiday season: be responsible with your drinking.

"I think it's important that students are aware that alcohol can be abused, and because this is a college system, alcohol is abused — often," says Leeann Setchell, 20, vice-president internal for SAC, and this year's organizer of Alcohol Awareness Week.

"We're just saying don't over drink, don't drink all the time, just keep the excessiveness down. We're trying to make students aware that alcohol can be used too much."

Over the course of the week, SAC had Alcoholics Anonymous information booths set up around the Welland campus, a wrecked car on display to signify the damage done by drunk driving, and men dressed in drag handing out "near-beer" and phony alcoholic beverages, "mocktails," to students in the After Hours pub as an alternative to buying booze.

"We're not telling you not to drink, we're just telling you to drink responsibly," says Setchell.

SAC has also recently aranged a special flat-rate cab fare for students on Wednesday comedy nights, and Thursday pub nights — $5 for West Welland, and $7 for East Welland. If you need a cab call 735-4500.

American education option for students

By MELISSA LABBE
Staff Writer

About 18 Social Service Worker program students took a trip to D'Youville College near Buffalo, N.Y., on Monday, Dec. 2.

The combination of first and second-year students travelled to the Buffalo college to learn about their future options.

The tour will provide information on the administrative process, transfer credits and fees involved in a post-graduation transfer to D'Youville.

Phil Durrant, program co-ordinator, said many students transfer to a Canadian or American university to pursue a bachelor's degree in social work after graduating from the Social Service Worker program at Niagara.

"It's important for students to be aware of transfer agreements early on," said Durrant.

He said students have also visited Niagara University in Niagara Falls, N.Y., but not any Canadian universities because universities that offer programs in social work are too far away.

Remembering Edna

GORD WITTENBERG
Staff Writer

As a former student at the Horticulture Centre in St. Catharines, I remember Edna Hartwell as a thoughtful and caring lady.

She was someone who always found time to assist any student with any problem at anytime.

Edna, 78, died on Oct. 2. She was a longtime employee at the Horticulture Centre, beginning her employment at the centre on Aug. 1, 1968.

At that time, the centre was a dilapidated building with few amenities in the process of being renovated.

Former Horticulture Centre co-ordinator Peter Mansfield best described Edna when he said, "Edna had the most remarkable ability to never forget a face, a name, or a home town.

"She was a mom for homesick kids (both young and old) who were away from home for the first time. She was a counsellor and "Dear Abby" rolled into one. Unofficially, and regrettably off the record, she assisted many of the students with job applications, student loans and to find (in her opinion) suitable living accommodations which, on more than one occasion, included her own home, table, needle and thread, and washing-machine."

She retired on July 31, 1983.

Edna was one of the few from Niagara College, other than a past president or a member of the college's board of governors, to be honored by having a library named after her. It's called the Edna Hartwell Library at the St. Catharines campus.

Nancy, Edna's daughter, said that outside of her home life, the Horticulture Centre was "mom's most important job."

Best Buddies day 'went great'

By DEBRALEE VAN GHENT
Staff Writer

A day of positive fun marked the Best Buddy's first outing held Nov. 22.

After spending part of the day at Pizza Hut on Niagara Street in Welland, they went to the Seaway Cinema where they saw the movie *Space Jam*.

For Roxane Reid, student co-ordinator of Best Buddies at Niagara College, the day was a success.

"I was nervous about our first group outing because this was my first time organizing this type of activity. Overall, I felt it went great."

Krista Rapson, 19, one of the student buddies from the Educational Resource and Special Needs (ERSN) program, agreed. "Saturday went very well. Everyone had a lot of fun."

Susan Williamson, an associate member in the ERSN program, but who doesn't have a buddy, said "the program is proving to be a very positive one."

She said the "buddies have a connection with each other, which made the day a pleasurable one."

"I thought it went great," said Danielle Sampson, an associate member in the ERSN program. "We all had a lot of fun."

Sampson doesn't have a buddy.

Theresa Duff, 18, membership co-ordinator, said it's "nice to see local businesses so generous and accepting of our large group."

Dawn Gutowski, 18, activity co-ordinator, said the outing brightened her day.

"It gave us a chance for all the student and buddy matches to meet each other and have fun together," said Reid.

Rapson said she and her buddy are looking forward to the next group outing.

"There's a lot of personalities to work with, but there were no problems accommodating everyone," said Williamson.

Sampson said "everyone got along and was friendly with each other. It felt good to be able to help out."

"Each of the members loved the first outing. It had turned out better than what I had expected," said Reid, adding the "matches are still new and they are still at the getting-to-know stage, so none of the matches are really close yet."

Reid said she would like to thank Pizza Hut and the Seaway Cinema for "their generosity" toward the Best Buddy outing.

St. John Ambulance trains volunteers to save lives

By CHRIS GREEN
Staff Writer

"He's having a heart attack."

"Does anyone know CPR?"

Right now these people want someone trained in Cardiopulmonary Resuscitation (CPR).

St. John has existed since 1023. It started as a group of Benedictine monks in a hospital in Jerusalem and has existed ever since.

It became permanently established in Canada in 1832 and began offering first-aid training, with divisions throughout Canada. It was established in Welland 54 years years ago.

St. John Ambulance is a non-profit, public service organization.

As an agency of the United Way it receives 20 per cent of its funding from them. The rest of the money is raised through training fees, fund-raising and donations. Each office is divided into two groups — the brigades and the branch.

The brigades include the people that you see at public events who are responsible for first aid. There are three brigades — the adult division, the cadet division and the therapy dog division.

The adult division consists of people aged 17 and up. They are the people who work at community events, providing first-aid services. The brigade has three mobile units (ambulances). This is the group which most needs volunteers.

"If we had more people we would be more flexible," said Joan Schwartzkoph, secretary to the board of directors. "We can't be at all events, but we would like to be."

The cadet division consists of three groups:juniors (ages 6 to 10), cadets (ages 11 to 15) and crusaders (ages 16 to 21). This group is a lot like Boy Scouts with its proficiency badge program in first-aid training.

The therapy dog division began in Welland two years ago and has been a "great success," said Schwartz.

Members take their dogs to visit elderly and ill people in hospitals and nursing homes. The dogs are screened to ensure they have "the right personality" for the job.

The branch provides training courses in first aid, CPR, family health care and babysitting.

St. John Ambulance offers a $1-million liability insurance for anyone holding a valid St. John Ambulance first-aid certificate.

It also offers training at places of employment with over five workers as required by the Ontario Workers' Compensation Board.

St. John Ambulance "is good to get involved in because you never know when an emergency might arise, and it also looks good on a resume," said Schwartz.

If you wish to become involved, or get more information on St. John Ambulance, contact the Welland/Port Colborne branch office at (905)-735-6431.

St. John Ambulance

Technology can help students with special needs

By OWEN BAGGOTT
Staff Writer

The Special Needs Office at Niagara College's Welland campus can provide access to technology that will make learning easier.

Students can use anything from computers that read to the student to tape recorders for students who have trouble taking notes.

Caroline Gruhl, special needs assistant, took the time to explain how the "assistive devices," available to students with a documented special need, work. A learning disability, mobility impairment, visual impairment, hearing impairment, chonic health problems, or a social/emotional condition documented by a doctor or other qualified professional qualify as a special need.

However, students who just don't like reading can't get the Special Needs Office's computers to read to them. Only legitimate special need students can use the equipment.

For students who have a hearing, speech, or any other type of impairment that keeps them from using a typical telephone, the office is equipped with a TDD (telephone device for the deaf). The TDD will provide a one-line display as well as a hard-copy print of the conversation.

Also for students with a hearing impairment, the office has an FM transmitter system. The teacher will wear a microphone attached to the transmitter, and the student will wear the receiver hooked up to a hearing aid or head phones.

Gruhl said she would like the office to get a newer model FM transmitter that is about "the size of a credit card" and has the sound quality "of a good stereo or walkman," but it costs about $3,000.

Students with learning disabilities can sign out pocket-sized electronic dictionaries to be used as spell checkers.

The office is equipped with several computers with software designed to help people with special needs. There are computers with voice recognition technology, for students who can't type.

Gruhl said the only thing students would have to use their hands for would be to turn on the computer.

The office also has computers with voice synthesizers hooked up to scanners allowing students with visual impairments to have text read to them.

For students who need larger print, there are Vista magnification systems, which allow the student to set the type size of what they are reading on a computer screen.

Gruhl said a student could make one letter fill the screen if that was necessary.

Unfortunately, the college's other campuses are not as well equiped as the Welland campus. There are laptop computers that can be shared between campuses.

Gruhl said the new campus being built in Niagara-on-the-Lake will be fully equipped with assistive devices.

BIANCO'S PIZZA & SUBS
Lincoln Centre, WELLAND
FREE DELIVERY
($12. min. order)
New Hours
Mon.-Wed. 11 a.m.-11 p.m.
Thurs.-Sat. 11 a.m.-12 p.m.
Sun. noon-10 p.m.
LARGE PIZZA
with your choice of 4 toppings $6.99
with your choice of 1 topping $4.99
PARTY TRAY
with your choice of 4 toppings $11.99
with your choice of 1 topping $8.99
CALL NOW 735-6833

WORD ON CAMPUS

DAVE MORLEY

Dave Morley, 23, of Guelph, a first-year Law and Security Administration program student, said he agreed with the idea of the survey.

"It informs students of the teaching calibre at the school," he said.

TIFFANY GOUPIL

"It gives the students the opportunity to find out what the college is really like," said first-year Office Administration program student and Welland resident Tiffany Goupil, 18. "It also gives the students in the college a chance to voice their opinion."

CHANTEL OLSEN

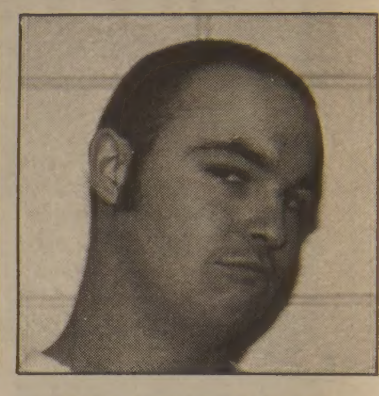
Chantel Olsen, 25, of Fort Erie, does not agree with the idea of a survey.

"I don't think it is a good idea to put a survey out because I don't think surveys work all that good because they can be biased and I don't think students would tell the truth," said the first-year student of the Law and Security Administration program.

SCOTT THOMAS

Scott Thomas, a 20-year-old St. Catharines resident, supports the idea of a survey.

"It would be a good idea because people would rather hear from the students who actually go to the courses and what the teachers and classes are like as opposed to some big college head telling them what the classes, students and stuff is like," said the first-year Creative and Visual Arts program student.



TODD R. McGARRY

A first-year Recreation Leadership program student said the survey would be beneficial.

"I think the idea of having a survey would benefit the students coming into the school because it would help the students better understand if they want to enter their programs and to get to know the teachers that will be teaching them," said Todd R. McGarry, 20, of Kirkland Lake, Ont.

Students were asked whether or not it would be a good idea to conduct a survey on the quality of teaching, courses and programs at Niagara College.

By SAMANTHA GOLDWIN and AMANDA MANSFIELD

Calling all graduates

By SHELLEY PARKES
Staff Writer

In the beginning of November, college graduates from April 1996 were mailed questionnaires asking what they have been doing since graduation.

About 1,200 graduates were asked to fill out the survey and return it to Employment Services office at the Welland campus.

Because not everyone returned them, the students of the Call Centre Management program are calling people to receive the information before a Dec. 13 deadline.

"We are looking for an 80 per cent response rate," said Janet Forfar from Employment Services. "They are calling people early in the morning and late at night."

The survey asks questions such as "are you working or back at school." If they are working, it asks if the job is in the field he or she graduated from.

Employment Services use the information for its annual report — the Graduate Placement Statistics. Because Ontario colleges use the same questionnaire, the Ontario Ministry of Education gets the information.

Forfar said she wants students graduating next April to realize what the questionnaire is about, and "to be on the look-out next year" for the questionnaire.

Tree trimming

Laurie Huneault, owner of the Pillar 'n Pines tree farm, demonstrates the art of pruning.

Photo by Gord Wittenberg

Patterson says 'evaluation critical'

By JHIM BURWELL
Staff Writer

The procedure for registering a complaint at Niagara College may be up for a change.

There is a need for formal student feedback of instructors and programs.

"I think evaluation is critical to a well-functioning organization," said Dan Patterson, president of Niagara College.

"People that run a service need feedback from clients on how the program went."

Student Administrative Council President Jason Chase said he agrees there needs to be some form of feedback on the college.

One issue that makes it necessary is that instructors "don't have to be qualified teachers, just experts in their field," he said adding, possessing knowledge does not mean you know how to pass it on.

Chase said in the case of part-time teachers "their time here is restricted, so time with students is restricted."

'I think evaluation is critical to a well functioning organization.' -Dan Patterson

There is a set procedure for complaints about faculty and programs starting with discussion of the problem with the staff member involved. Then the complaintant should move to the director of the program and then "the appropriate vice-president."

Finally, that vice-president's decision can be appealed to the president of the college, and his decision is considered final. This is outlined on Page 30 of the Niagara College Student Handbook.

Patterson said he maintains an open-door policy where if someone wants to be heard and finds the bureaucracy involved in voicing a complaint are "too stifling" he will listen.

The problem involved is that "of 10 complaints that come directly to me nine could be settled elsewhere and I could be causing problems by getting involved in too much." He said he would prefer students to follow the procedures outlined in the student handbook for that reason.

There is no informal way to have complaints dealt with.

This is why, Patterson said, he would like to bring back the College Council where students, faculty and administration can meet and discuss problems in an open forum.

Patterson said he feels more needs to be done with the issue of student evaluations of teachers and programs. The problem is he doesn't "want a popularity contest."

Chase said it is a "conflict with *OPSEU (the Ontario Public Service Employees Union)*" that has prevented the evaluations from becoming standard practice.

"I think there is a need for evaluations" for teaching techniques, amount of class time, class value and curriculum, said Chase.

Patterson said he has been "aware of discussions around a rating initiative, but nothing has been brought directly to him."

'I think there is a need for evaluations' for teaching techniques, amount of class time, value and curriculum -Jason Chase

"If the current system is not working I need to get involved," said the president, adding it is the "responsibility of the individual to bring complaints forward and not just complain."

Chase said he feels evaluations would result "initially in a lot of hot air, but then a clearer vision on what the teachers are doing here . . . and accountability."

The two presidents agree, in the long run, students doing evaluations will only benefit the college.

NEXT EDITION JAN. 17. 1997

The CAREER SHOP

Your single source for Employment and Human Resources Services

- Career Assessments
- Interview Training
- Job Search Assistance
- Resume Services
- Networking Skills
- Career Planning

Call now for your FREE Preliminary Consultation.

210 East Main St. Welland ON L3B 3W7 (905) 788-1400

Gay club speaks out

By SAMANTHA GOLDWIN
Staff Writer

With times changing, a small group of gays and lesbians at Niagara College are holding out for a future of hope, determination and a drive to succeed.

The students in this story have asked that their names be changed.

"Last year there was no group at the college. I never met any gay people. I thought I was the only one," said Greg, a member of the group.

The members are there to support each other, have a good time and talk.

"It's different for me to hang around straight people because they have different ideas than I do. It's good that you actually have the chance to get together with other gay people, with the same ideas, and that are like you," said Greg.

"I feel more normal," said Magenta, also in the group.

Greg said he hates pretending to be something he's not.

"Before I came out to my mother, I was not myself. I was looking for me and trying to be what everybody else wanted me to be. Once I came out to my mom, it was like, ahh. OK, validation that I was fine," another member Toby said.

She said she wasn't happy dressing or acting straight.

"The only time you can be yourself is when you are around other gays and lesbians," said Greg.

He said he thinks everyone is trying to ignore thinking about gays.

"Keep them in a closet and hide them there. No one wants to face the fact that we're here and not going to get rid of us. We deserve the same rights as straight people do," said Greg.

"It's important, the accusation that we flaunt our sexuality in the face of heterosexuality, which simply isn't true," said Stacia a member of the college group.

If they were going to be acknowledged and treated as human beings they wouldn't do that.

'Equality for all.'

"But, whatever it's going to take to be treated with respect and to be given the rights we're entitled to, if that's necessary we'll do it," said Stacia.

"Public awareness is one of the most important things to get away from stereotyping, which is very degrading, and very damaging."

While living in a world which seems mostly heterosexual, being homosexual can be a lonely and frightening reality.

"I feel shame. It's strange because of social pressures, I feel like I'm doing something wrong," said Magenta.

The world is telling someone to conform to their ways, and homosexuals are not conforming, Greg said.

"It's very isolating, and as soon as you feel isolated from society you feel trapped. And if you have no way of expressing yourself, if you are constantly having to watch what you say and what you do, and even how you feel, then it's the worst kind of oppression to experience that kind of isolation for any group that's constantly oppressed," said one of the group members.

People are constantly being squashed, fit back in a box, talking about minority groups in Canada or about women who struggle for their rights.

"Oppression is wrong in any form, it's totally wrong and it should be unacceptable," said Stacia.

After the discussion was over, the group agreed on one key point — homosexuals want to be treated equal.

"Equality for all," said one of the group.

Basic rights

By SAMANTHA GOLDWIN
Staff Writer

In a world where all things are created equal, living in the 1990s for gay and lesbian communities is a sure sign for slow, but good changes to come.

"In the 1990s, it is getting a little bit better," said Greg, a member of a college gay and lesbian group. "In the beginning I was afraid to tell my guy friends. But, so far, all my guy friends know and I haven't had a problem with it. It's becoming more open and more accepted amongst our peers."

The students in this story asked their names be changed to protect them from any harm or exposure.

One event which shows signs of good things to come for the gay-lesbian community is a ruling passed by Judge David Nevins of the Ontario Court's provincial division.

On May 10, 1995, four women were given the right to adopt the children of their same-sex partners.

"It represents a small group," said Stacia, a group member. "It isn't all gays and lesbians that are interested in adoption, a lot of them have children of their own. But it's definitely one step."

It comes down to a matter of practicality, she said.

"If you live with a partner for 20 years and that partner dies you may not have the right to inherit property unless they've made a provision for you.

"You may not have the right to claim a pension, you may not have the right to a widow's pension,or you may not have rights to their children, children you may have raised for a long time," said Stacia.

It's a "very basic" fundamental human right, she said, adding it shouldn't have anything to do with whether or not someone is heterosexual or homosexual.

Ontario is the first province with a court decision supporting gay-adoption rights.

"Say for some reason I'm with a woman and I can't have children. I want to be able to adopt and not be scrutinized because I want to," said Toby, also a member of the group.

Ontario joins several U.S. states where courts have permitted second-parent adoptions in which the gay partner of a man or woman with a biological child applies to adopt.

It's unclear what impact the ruling on May 10 might have in other provinces.

Final adoption decisions rest with family court judges who generally enjoy wide discretionary powers.

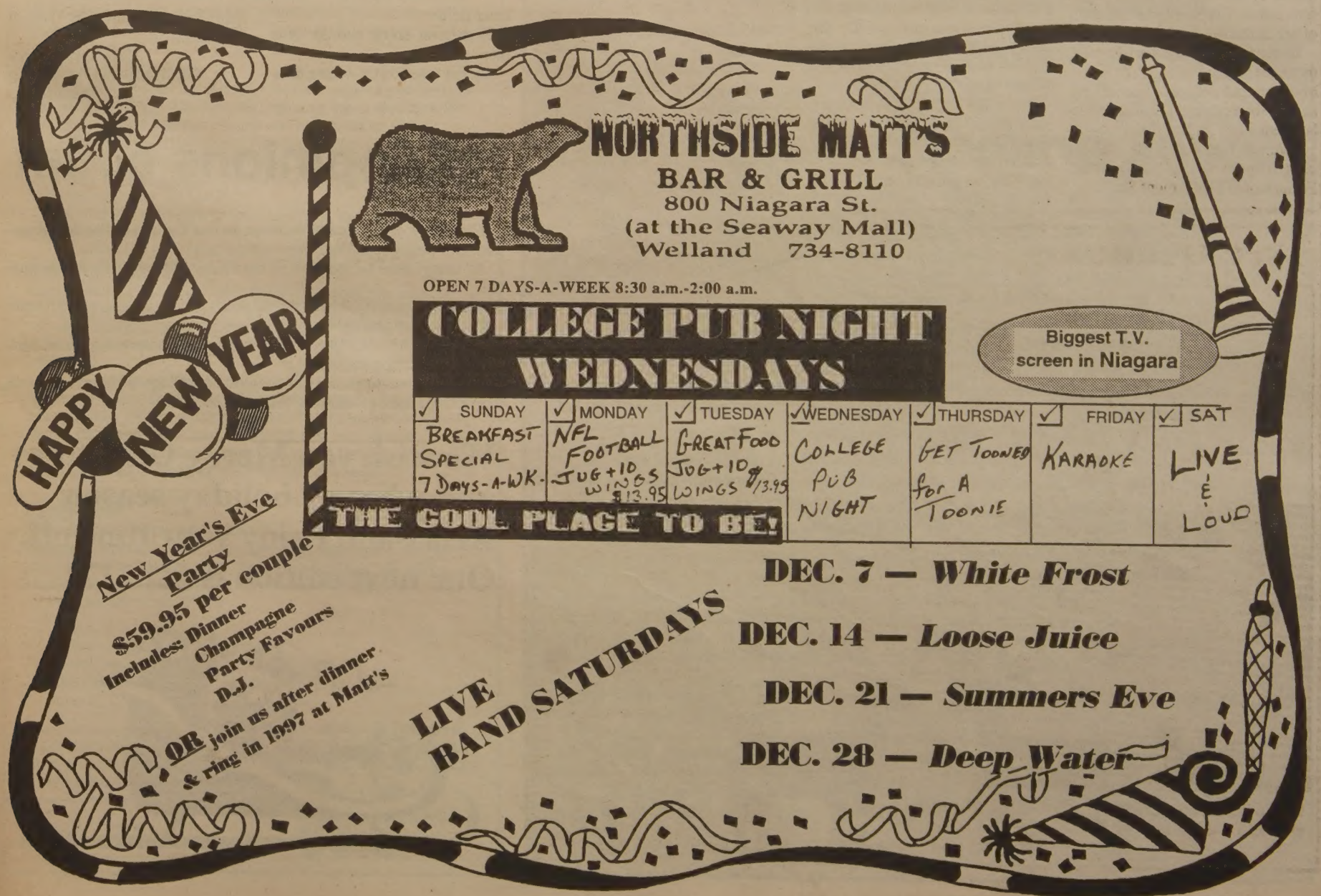
Many questions arise from this ruling for the hetereosexual and homosexual communities.

Does this mean the traditional forms of family are less valid?

Is it a closed institution defined by those who cannot belong?

Is there room for acceptance?

Or is it about loving, spiritual, commitment and responsibility?



EDITORIALS

NIAGARA NEWS

The Niagara News is a practical lab for the **Journalism-Print program, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara News or the administration of Niagara College. P.O. Box 1005, 300 Woodlawn Rd., Ontario L3B 5S2. Phone (905) 735-2211/ 688-1380/ 384-9760/ 382-2383/ FAX (905) 735-7669.**

Editor: Katherine Nadeau, **Associate Editor:** Jennifer Harding, **Assistant Editor:** Melissa Labbe, **Publisher:** Leo Tiberi, director Information and Computer Technology, **Managing Editor:** Phyllis Barnatt, co-ordinator Journalism-Print program, **Associate Managing Editor:** Gary Erb, instructor Journalism-Print program, **Advertising Managers:** Karen Audet, Ron Tufts, advertising instructors, **Advertising-Account Manager:** Ron Crowley, **Photography Consultant:** Carole Timm, photography instructor, **Photography Chiefs:** Penni Toneguzzo and Brad Moscato, **Photography Crew:** Jhim Burwell, Chris Green, Debralee Van Ghent, Mike Hastings and Derrick Vander-Lely. **Delivery Technicians:** Jeff MacKay and Ryan Barber.

We remember with candles

Seven years ago today on Dec. 6, 1989, Marc Lepine walked into Ecole Polytechnique in Montreal and cold-bloodedly shot 14 female students. He then committed suicide.

According to the murderer's confession, the killing was provoked by a deep hatred of feminism. The school, formerly for male students only, had recently opened its doors to women pursuing their education in the field of engineering.

Since that tragic day, controversy has surrounded the feminist interpretation of this act of violence. Some said Lepine's actions were representative of society's violence against women.

Those in favor of stricter gun-control used the tragedy to strengthen arguments, and feminists were accused of exploiting the deaths of these young women to promote their own cause.

It is not acceptable to express rage through wanton acts of violence and maybe consideration should be given to tightening gun laws.

Set aside the controversy and remember only this, tonight across Canada, candles will be lit in remembrance of the 14 women who died.

Drunk drivers put all at risk

The holiday season is here and with it returns the R.I.D.E. program.

Starting this year, if you are driving while intoxicated, you will lose your licence for three months.

While this seems an eternity to some, really it is not.

Death is an eternity.

And while this program is a life-saver and a blessing, it really shouldn't be what deters people from getting behind the wheel.

The families on the road and the children in the cars - they should be the deterrents.

Even if it takes thinking of the chance of personal injury, let this stop you.

So please think before you get behind the wheel after a party. You are not only hurting yourself, but the other drivers who are being responsible.

Don't get annoyed if you're in the car randomly picked for a check. Be happy those officers are doing their jobs to make your family safer.

Be responsible for your sake and others.

Be safe and be merry.

Letters to the Editor

An accurate reflection

Dear Editor:

I enjoy keeping up with Niagara College life through the Niagara News and would like to take this opportunity to thank your reporter Keri-Lynn Smith for her recent work.

We've recently made some important moves with the Interactive Multimedia program (where I teach part time).

The coverage we received was the most accurate reflection of events that I have ever seen make it to newsprint.

The care taken with research and the quality of her writing skills are the marks of a true professional.

Thanks again.

Dan Kurchak
President
Charismagics
37 Fell St.
Welland

A special thanks

Dear Editor:

I am Eugene Maltais' mother and I want to thank you for the coverage in your college newspaper.

It was wonderful and I shall cherish it for life.

I think Eugene had the newspaper sent to me in Alberta for years and I really enjoyed reading it and knowing what was going on where he worked, especially when he had done something mentioned in the paper.

Now for me, those times are over.

You have a newspaper to be proud of. I spent many hours reading every line of it.

Wishing you the best in the future.

Sincerely,
Melie Maltais,
Vermilion, Alta.

Writer captures hearts

Dear Editor:

Keri-Lynn Smith should write more articles.

She has a wonderful writing technique which captures the heart of her stories.

Mike Terry Berry
Construction-Engineering Technology

Your opinions count

Your voice or opinion is welcome in our Letters to the Editor section. Our policy regarding letter submission is the following:

1. All letters must be received on the Friday one week prior to publication.

2. Each letter must include the student's name, college identification number and program of study.

3. All letters must be signed and include a day and evening phone number for verification use only.

All letters can be mailed or brought to the Niagara News newsroom, Rm. S212, Simcoe Building, Welland campus.

We wish you Merry Christmas and a happy holiday season. Relax and enjoy your time off. Our next edition is Jan. 17.

LETTERS

Letter writer praises program

Dear Editor:

I read the Niagara News as often as possible. The content of the newspaper has always impressed me, until I read the issue published on Nov. 22.

There was a part in the section of the newspaper that asked Niagara College students how they like their program. There was one particular student whose response I was not impressed with. The girl, who is in the Office Administration-Executive program, responded with total negativity and false facts.

I believe it should not have been published. Everyone is entitled to his or her opinion, but that girl gave a false picture of what the program is actually like.

More thought should have gone into that part of the newspaper. The girl's response seemed to have more to do with the student herself, than with the actual program. More thought and research should have been put in.

I also believe that a college newspaper should promote the college and the programs within the college; instead of printing negative information not based on fact.

As an Office Administration-Executive program student, I am beyond impressed with what the program has to offer. I go as far as to tell others to take this wonderful program.

The professors who teach the program are outstanding people. They are always willing to help their students in any way possible — be it a personal or in-school problem.

The program is wonderfully organized and shows that a lot of thought was put into the curriculum of the program. The classes are fun and motivating. In my eyes, the program is the best one in the college because the staff, students and content of the classes make it what it is.

The Niagara News has always done an excellent job, and I am sure it will continue to. In the future, perhaps the newspaper staff can research the information given to them, so that the information published is based purely on fact.

Sincerely,

Teresa Iamonaco,
Second-year Office Administration-Executive program student

Comments were surprising

Dear Editor:

RE: Your interview with an Office Administration program student in the newspaper's last edition on Nov. 22.

The Office Administration Department faculty and students were somewhat surprised that the Niagara News chose to print the comments of a student about our programs without soliciting input from either the department or other students in the program.

It is unfortunate that particular student takes a negative view of her program. However, it is certain that not all students are suited to the program they have chosen.

Nevertheless, we consistently retain more than 90 per cent of students who start the program in September.

Approximately 40 second-year students are about to leave for their co-op employment. All are expected to graduate. Some already have full-time jobs. Moreover, our placement rate for full-time employment is the second highest in the college.

Not only do Office Administration program graduates get jobs, but the curriculum is up-to-date and exceeds provincial diploma requirements, particularly in terms of in-depth computer software courses.

We are also among the first to comply with the Ontario ministry's standards for accreditation of programs in Ontario and are regularly contacted by other colleges for curriculum and program advice.

The faculty in this department is dedicated to assisting students with individual needs and career guidance not just at mid-term, but through every semester of the program.

However, our feedback and advice on student progress are not always heeded. The faculty advisor and program co-ordinator of the student you interviewed would be happy to assist her with a more suitable choice.

In the meantime, we would be delighted to share with your readers the many positive comments we receive from successful students and graduates of the Office Administration programs.

We also suggest that your reporters do their homework and substantiate opinions presented as facts before printing them.

Yours very truly,

Office Administration faculty,
Christine Berkhout,
co-ordinator
Office Administration
Executive and Office
Administration - General
(Co-op) programs

Official-Languages Monitor Program

Do you want to help teach English or French on a part-time or full-time basis?

You can apply under the Official-Languages Monitor Program to be an English or French-language monitor during the 1997-98 academic year.

If your first language is English, you will help an English as a second language teacher in a school, college, or university usually outside your home province. You will help francophone students learn more about the English language and culture.

If your first language is French, you will help a French as a second language teacher or work with a teacher in a French-language school, college, or university, outside your home province. Some francophones will be assigned to institutions in their home province.

Part-Time Monitor

You will work between six and eight hours a week for eight months. You will earn $3,500. You may also receive a travel allowance for **one** return trip between your home and host province.

To be eligible, you must be a Canadian citizen or permanent resident and you must have completed at least one year of post secondary studies by June 1997, or you must have your Diplôme d'études collégiales in Quebec.

You must be a full-time student for the duration of your monitorship.

Full-Time Monitor

You will work 25 hours per week for nine months. You will earn $11,400 and receive a commuting allowance of up to $990. You may also receive a travel allowance for two return trips between your home and host province as well as a moving allowance of at least $300.

To be eligible, you must be a Canadian citizen or permanent resident and have been registered as a full-time student for at least one semester within the last two years. Priority will be given to eligible candidates who have completed two years of post secondary studies or, if you are in Québec, to candidates who have completed one year of university by June 1997.

Apply Now!

Go to the career/placement office of your institution to obtain an application package. Send your completed application form to your nearest career/placement centre by **February 15, 1997**. Incomplete or late applications will not be considered.

You can also write to:

Provincial Co-ordinator,
Official-Languages Monitor Program
Curriculum Learning and Teaching Branch
16th Floor, Mowat Block, Queen's Park
Toronto, ON M7A 1L2

The Official-Languages Monitor Program is funded by the federal Department of Canadian Heritage and administered by the Ontario Ministry of Education and Training in conjunction with the Council of Ministers of Education, Canada.

Canadian Heritage

Council of Ministers of Education, Canada

Newspaper editors welcome your opinions

By KATHERINE NADEAU
Staff Writer

The Niagara News is the product of a tremendous joint effort on the part of the Journlism-Print program students and teachers.

It is one of the few programs where the work of the students is regularly scrutinized by other students, faculty and the community at large. At least a few people must be reading the newspaper based on the mail we have been receiving.

Although we have a disclaimer on the editorial page, as most papers do, there are certain parts of the newspaper that seem to be causing some confusion. The columns, editorials, and the Word on Campus are the sections of the paper where students and others can express their opinion. So are Letters to the Editor, which we welcome.

When someone expresses their opinion it remains just that — their opinion.

The articles we print are carefully, sometimes agonizingly, researched. When mistakes are brought to our attention, we print corrections.

We appreciate the co-operation we receive from the college community when we wander into the classrooms with our cameras, notebooks and tape-recorders.

When journalism students go out into the college and ask other students for their opinion, they should feel free to answer without fear of retribution. Opinions expressed should be considered valuable feedback. That's how we view Letters to the Editor and other comments we get.

If those comments are negative it doesn't change their validity as opinions.

We work very hard to produce this newspaper and even after long, difficult production days there is a feeling of satisfaction in having worked together as a team, in my opinion.

Auditorium needed, says columnist

By HYOJEONG KIM
Staff Writer

Are you getting excited about graduating from the college with your diploma?

Where do you think you're going to attend your graduation ceremony?

You're going to Welland's Centennial Secondary School, not Niagara College. Surprised?

The college doesn't have any place large enough for the ceremony; it uses the secondary school's auditorium.

The college encouraged the Ontario government to put tons of money for the new campus in Niagara-on-the-Lake, but there's no concern about a proper place for the graduation ceremony.

If there were an auditorium at the college, it could be used for various purposes such as displays of students' work, guest speakers, as well as graduation ceremonies. Also, it could be used to display items about the history of the college.

Every morning, whenever I pass Thorold Road's Centennial Secondary School on my way to school, it reminds me of the graduation ceremony because I'm also one of the students who is going to graduate from the college there in May.

I think it's time for the college and us, as students, to consider building an auditorium.

FROM THE HIP

The good, the bad & the lonely

By MELISSA LABBE
Staff Writer

If beauty is only skin deep, then why doesn't the protagonist with physical deformities ever triumph?

Think about it.

Instead of walking out of the theatre with that warm, fuzzy feeling marketers hope will bring you and all your friends back, think about what really happens to the protagonists at the end of the movie or play.

For example, consider Erik, the title character in Andrew Lloyd Webber's *The Phantom of the Opera* (1986), which is based on the original novel by Gaston Leroux.

The musical's plot has been dubbed one of the greatest love stories ever. There's no denying the play's romantic plot. However, does it escape everyone's attention that Erik is left alone at the end of the musical as Christine and Raoul float away sweetly serenading each other?

Then in 1993, Mel Gibson became *The Man without a Face*. The protagonist of this film is described by a video review in the May 2, 1994 issue of Alberta Report as "an embittered recluse with a hideously scar-red face."

This movie had great potential until the deflating ending.

The meaningful and mutually beneficial relationship between the main characters was terminated. Years later, Gibson's character can only anonymously watch as his friend and former pupil graduates.

Again, the protagonist is left alone.

A common thread in works of fiction of this nature is the gifts given to those who get to know the fabled "monsters."

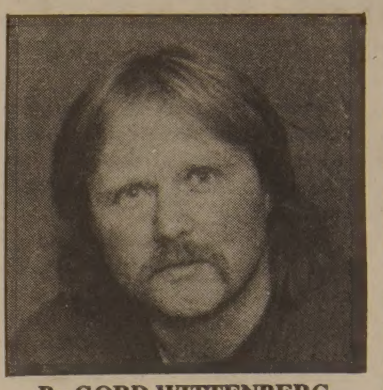
The irony is obvious in Bernard Pomerance's *The Elephant Man* (1979). The play tells of the sad and lonely (for you don't have to be alone to be lonely) life of John Merrick who is rescued from circus life by a doctor.

The doctor doesn't realize until after Merrick commits suicide that he too exploited Merrick to further his career and that it was Merrick who enriched the lives of his acquaintances and not the other way around.

I don't know about you, but I no longer feel warm and fuzzy. I'm feeling a little chilly and fidgety.

Good thing these are only works of fiction. Right?

In search of justice



By GORD WITTENBERG
Staff Writer

The Children's Law Reform Act states "each parent has equal entitlement to custody of a child."

So why is custody awarded to the mother in 85 per cent of court orders in Canada?

In those cases in which the mother denies visitation, I have seen too many instances when police officer hesitate or outright refuse to enforce a court order which gives a father time with his children. It is time that the police enforce access orders in exactly the same manner they enforce other laws.

Parliament is in the process of trying to increase support payments from fathers and to remove the tax deduction which they receive for child support paid. (Men are not wallets and I'm sick of being viewed as nothing more than a money tree.)

The ultimate goal should be to eliminate all child support. Joint physical custody should be included in the Divorce Act, with children spending equal time with both parents. Each parent should pay the expenses while the child is with him or her, if parents are deemed fit by the court.

Parliament should cease its current efforts to increase child support amounts and start looking at the need for children to have an equal relationship with both parents.

Allan Rock, federal minister of justice, said he intends to change many of the terms of child support to increase the amount men pay. He plans to amend the Divorce Act to guarantee a "minimum child support amount" and to introduce some fixed formula for the courts to follow.

Fathers should begin speaking out against the term "dead-beat dads." When a mother refuses to allow a father access to his child there is no similar public outcry. Most fathers/husbands are tired of being viewed as nothing more than sources of funding for their ex-wives.

Allowing men merely two weekends a month with their children, compared with 365 days a year they had with their children during the marriage, appears to be a gender bias against men.

A long, tedious bus ride home

By JENNIFER ELLIOTT
Staff Writer

It's 1:20 p.m. on a Friday and the air is clear, cold and crisp.

I hand my ticket to the bus driver and climb aboard the big Trentway-Wager, anxious to get home to Toronto for the weekend.

There's all of four people, including me and a friend, so I have my choice of the brightly colored seating. I put my bag in the overhead and sit down next to the window.

My friend is having difficulty fitting his bag in the ever-so-small compartment, so he sits with it between his legs. His legs are jammed tight against the seat in front, but I suppose that is his problem for being tall.

OK. We're off.

I expect we'll be stopping in St. Catharines, or maybe not. Either we're taking the scenic route or we're stopping in Niagara Falls. Unfortunately, the latter is true.

It's 2:25 p.m. and we've stopped at Brock University, where about 20 students pile on board.

The clouds are beginning to roll in and my destination is still miles away.

It's now 2:45 p.m. and we've stopped yet again.

OK. We're off.

The air coming through the window vents is having a white noise effect. I would like to close my eyes and have a little snooze. However, there is a faint, annoying sound keeping me from slumber.

A man comfortably seated in front of me is breathing heavily through his nose, and the noise is increasing in volume.

Wait just a minute! What's going on? Another stop! I just want to go home, but we're picking up three more people from the quaint town of Grimsby.

It's 3:15 p.m., and we're off again, after a scenic trip of the Niagara Region.

A strong whiff of booze passes under my nose as a man sitting two rows behind me mumbles a form of the English language. He's drunk.

If this isn't enough, there is also a man emptying his stomach in a rather loud manner, and not just once.

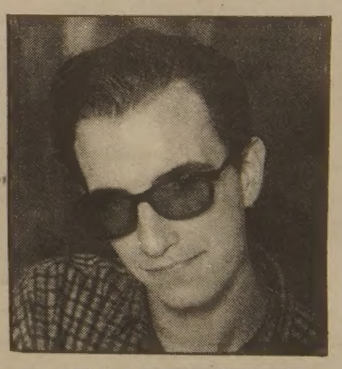
It's 4:15 p.m. and I can see tall buildings, pollution, traffic and a lot of people — Toronto! I didn't think we would make it.

Let's recap. I left Welland at 1:25 p.m. and had an hour and a half scenic tour of Niagara. I had Mr. Nose-breather in front of me and Mr. Drunk behind me, spitting absurdities and obscentities loud enough for the entire bus to hear. To top it all off, I had Mr. Loud-puker too.

All this fun for a generous fee of $20.

Thousands of hungry children

Rising numbers of poverty-stricken Canadian children



By ADAM KIESWETTER
Staff Writer

This is Canada!

Do you know we have the second highest rate of poverty among children in the industrialized world with the child poverty rate up 46 per cent since 1989? Is this the mark of the socially conscious nation we claim to be?

In recent weeks, media coverage of Canada's escalating child poverty situation has been admirable — even the acknowledgement by our "shocked" federal Health Minister David Dingwall after he discovered that one in five Canadian children lives in poverty, gives some solace, (that's *some* solace).

Dingwall has promised action. He's reviewing his ministry's budget and is suggesting a coalition of government, community, business and non-government organizations to cure this inexcusable societal cancer. Commendable.

But to most, free-flowing government rhetoric, and *liberal* promises mean little. The fact of the matter is, as cited by the Child Care Council, the Liberal government has broken yet another election promise (i.e. see GST and job creation) as stated in their glossy 1993 Red Book. Their promise to inject some $750 million into the national child-care strategy is as empty as the bellies of the hundreds of thousands of hungry children quietly suffering across Canada.

But why a cancer? Campaign 2000, a coalition of national organizations and community groups, recently completed a national survey, where they "cited study after study on the scarring effect that poverty can have on children's physical and mental health, cognitive and social development, self-esteem and labor force attachment in later life."

It goes on to say these early scars "accumulate into liabilities which are carried into schools and classrooms, and which in turn shape a syndrome of lowered expectations that follow children into youth and young adulthood." It spreads like a cancer, and rots our future potential.

If children are our future, then by not making a sufficient stink over the situation, and by half-hearted state action (a federal-provincial child-tax benefits plan for poorer families instead of the promised funds), we're impairing 20 per cent of our future workforce and making a mockery of our shining Canadian image as human-rights saviors.

As inflated international globe trotters doling grub out all over the world, maybe we should drop a crate or two off in our own backyard.

Canada has a merciful band-aid for every international angst, and as a result we have a gleaming reputation, but let's take care of ourselves first in order to be all the more helpful in the future.

It might not seem like an immediate concern, but it is, and it requires immediate action.

Goad the government, give to community food drives — do any little thing you can to shape a strong Canadian future.

POLITICS

Safety concerns delay opening of Highway 407

By BRAD MOSCATO
Staff Writer

Safety concerns have delayed the opening of Highway 407.

Last August, Tory Transportation Minister Al Palladini vowed the highway would open by Dec. 1. Before concerns about the safety of the road surfaced, he anticipated the 407 to open by Dec. 31.

An independent inquiry will be conducted into the credibility of the province's only toll road. The opening has been held off until at least March 31, 1997.

At a Niagara South Progressive Conservative Association dinner in Stevensville on Nov. 21, Palladini said March 31 is the date the highway is supposed to be delivered by the consortium.

"But I have every reason to anticipate a much earlier opening."

Ontario Provincial Police and the provincial auditor are concerned that the safety of the 407 has been compromised to save money.

Constable Cam Wooly of the OPP said each highway should be an improvement from its predecessor.

"We know there are designs that are better than the 407 . . . It all comes down to economics."

But Palladini disagreed with assessments by some OPP officers.

"This government recognizes the importance of good, safe roads," said Palladini.

"Remarks by certain OPP officers certainly do not represent the OPP force. I respect their opinion, but there is no validity to their concerns that Highway 407 is not safe. Highway 407 is very safe."

Safety issues have been raised about the absence of a barrier in the centre median.

North American standards require a barrier be constructed when the median is less than 10 metres wide. Between 10 metres and 15 metres, a barrier is optional; and when the median is more than 15 metres, a barrier is not necessary.

Throughout the 35-kilometre first stage of the 407, the median is between 22 and 24 metres wide, said Palladini.

Palladini insisted that Canada's first electronic toll highway is safe and that no standards were lowered.

He said the Harris government would not take part in building any highway that wasn't safe.

"But I don't believe there is a highway in the world that you could build that would protect you against a drunk driver or a careless and aggressive driver."

From 1993 to August 1996, four people were killed and 35 injured in 23 collisions caused by cars crossing the highway's centre medians and colliding with on-coming traffic.

"Head-on collisions can be prevented. Everywhere a barrier has been constructed for the centre median, there has been a drop-off in fatalities," said constable Wooly.

Wooly said one out of two people in the province are affected by collisions and the effect they have on people's lives.

Wooly said he has seen a change in public attitude towards highway fatalities.

"Issues concerning drunk driving, truck safety and safe highways have all been in the public light recently."

Liberal transportation critic Mike Colle urged Palladini to appoint an independent panel to study the highway before its opening.

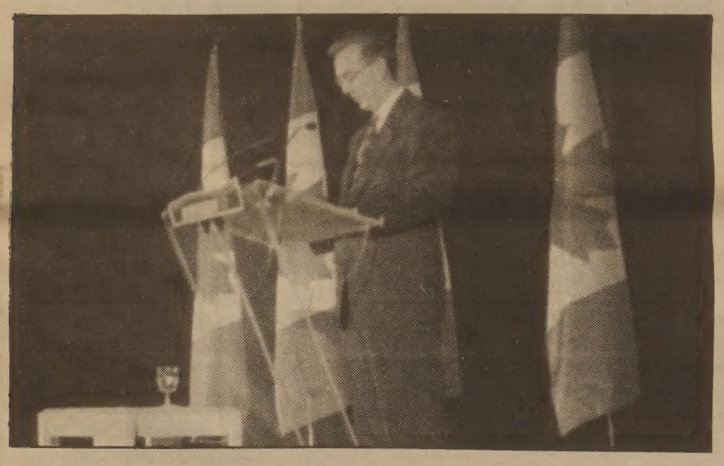
"Serious questions have been raised by the OPP and the provincial auditor about the safety of the highway," said Colle. "We have no choice but to investigate."

The issue of safety involved with the 407 comes down to the millions of people who will be traveling the toll road and their confidence in the government's decisions.

"The provincial government has to be responsible in maintaining a safe highway infrastructure. We are committed to investing into an infrastructure that does a tremendous job in contributing to the economic growth of the province of Ontario," said Palladini.

"A good, safe, viable highway provincial infrastructure will generate money. I believe the Harris government is going to do that."

Manning visits Niagara, offers a new style of government



Reform Party leader Preston Manning.
Photo by Adam Kieswetter

By ADAM KIESWETTER
Staff Writer

Calling for a change in the "status quo," Reform Party leader Preston Manning laid down his party's key electoral policies at a support rally last Friday at the Sheraton Fallsview hotel in Niagara Falls.

Manning's emphatic 40-minute address was frequently interrupted by cheers of applause by the about 400 supporters in attendance as he described his party's "fresh-start" approach to government.

Citing Liberal government mismanagement, he made reference to shrinking health care and social assistance spending, down $7 billion per year, and disposable family income, down $3,000 per year, since the Liberals took office. He also mentioned "the protection of the obscene MP pension plan [as being] a higher priority than the reform of the Canada Pension Plan." Manning said these discrepancies provide proof there's a need for a "fresh-start" in Canadian governing.

His mention of justice-system reform sparked what was probably the night's most excited response. He promised a binding national referendum on capital punishment, a revamping of the Young Offenders Act, and an end to political appointments to parole boards. He also stressed "good old-fashioned work" as a means of criminal rehabilitation.

He condemned the current system for its concentration on the rights of those accused of violent crimes as opposed to rights of victims.

"Reform wants a better balance, with the highest priority on the rights of the victims."

"The key to crime prevention — and we're very concerned about crime prevention — is the strengthening of family and community through social and economic policy."

He said Reform's fiscal plan consists of three main elements: an operating focus and size reduction of the federal government by $15 billion per year, a balanced federal budget by 1999, and the collective decisions as to where the surplus of funds would be directed in the event of an abolished federal deficit. He cited tax relief, health, education, and pension plan revival, as well as the paying down of the *federal debt as possible benefactors of any deficit surpluses.*

Manning also cited Ontario's provincial government as a potential example of the new possibilities resulting from a determined conservative economic strategy.

He said the Ontario government should be congratulated for balancing the provincial budget, "not as an end in itself, but so the benefits of balanced budgets can be realized."

On the touchy topic of Canadian unity, Reform offers a five-pronged plan, said Manning. His plan should amend the more than "30 years of debilitating wrangling over the national unity issue." This debate has lead to the establishment of "two full-blown separatist parties" and two referendums on succession, "the last of which came within 50,000 votes of rupturing the federation."

Reform plans to reduce the size of the federal government and reform federal institutions to make a more "democratically accountable" government. He mentioned in particular the creation of a Triple E senate, decentralize governmental culture and language powers to the provinces, a defining of the terms and conditions of succession, and "a *vision of a new and better federalism*, against the status quo, so compelling that no one would ever want to leave" as measures to strengthen Canada.

"I don't want to sit in a party that just plays with this issue and says as the traditional politicians say, 'we'll never fix it, we'll never fix it, just hope we can patch it up until the next election, let somebody else worry about it' — I think it can be resolved."

He urged Canadians, specifically Ontarians, to steer clear of the "status quo" Canadian political agenda, which he said doesn't do enough to actually solve crisises such as the national unity issue.

"If Ontario were to send 50 or 60 or 70 bold people [elected MPs to Ottawa] who want to shake up the system, not destroy it, but want to make it better, you could tip the balance decisively away from separation and the status quo towards the new confederation of the 21st century."

Store owners differ on need for Boxing Day shopping

IGA employee isn't 'too keen' on Tory action

By BRAD MOSCATO
Staff Writer

Shoppers in the most populated province will be able to hunt for Boxing Day bargains this year.

The Ontario government is proposing to legalize store openings for the day after Christmas.

Dave Tinegate, an employee at IGA in Fonthill, said he isn't "too keen" when assessing the government's decision.

"As a shopper, I really don't see the need for the move.

"More and more, Christmas is becoming a retail bonanza. It's no longer really a holiday."

Solicitor-General Bob Runciman proposed amendments to the Retail Business Holidays Act that will enable retailers to remain open on Dec. 26. The changes will require most merchants to close on New Year's Day, Easter Sunday, Christmas Day, Thanksgiving, Labor Day, Canada Day and Victoria Day.

Bob Hurtubise, owner of Hillside Sports and Leisure in Fonthill, said he will not be opening business doors on Boxing Day.

Boxing Day falls on a Thursday this year, allowing consumers plenty of time to get their shopping in on the weekend, he said.

"Retailers need the extra day off."

Quebec and all provinces west of Ontario already have similar laws. According to new legislation in Ontario, employees will be able to decline work on Boxing Day under the Employment Standards Act.

"There are lots of opportunities for consumers to spend their money these days," said Gabe Macnally, president of the Canadian Auto Workers Local 199 in St. Catharines.

Macnally expressed concern about the government's changes.

"The decision will have an impact on the family structure and on society as a whole.

"This time of year is supposed to be spent with family and friends."

Macnally indicated such amendments might be a future trend.

"Before we know it, there may no longer be such things as statutory holidays."

The changes are expected to pass in time for this year's Boxing Day.

SPCA cautions giving pets as presents

By MELISSA LABBE
Staff Writer

Just past the intersection of Broadway Street and Highway 58, a blue sign stands with an arrow pointing to Provincial Street and the direction to the Welland & District Society for Prevention of Cruelty to Animals (SPCA).

Hills prevent a preliminary glimpse of the building; only the stony driveway can be seen from the road.

Parking spaces sparsely dot the parking lot which is already full of vehicles. Many of the trucks, cars and vans belong to the construction crew who are diligently working on the new facility being built beside the existing one.

The frosty air reminds us that Christmas is soon approaching. The SPCA reminds us that animals are not disposable gifts.

The Welland shelter has a policy that prevents the adoption of pets for 10 days before Christmas. As a result of this policy, the number of animals returned right after the holiday has decreased.

Along the walk to the door, barking dogs call out to visitors. Opening the door mixes the jingling of bells and howling.

Inside, Amber, a collie, and Popeye, Singe and Cricket, cats, wander amongst the busy employees. These four animals who were all found badly injured when rescued became the shelter's pets after bonds were formed during their recuperation.

The Welland & District SPCA, more commonly called the Humane Society, is always run at full capacity, says Bernard Webb, inspector/manager of the Humane Society.

According to provincial legislation (the Animal for Research Act), all stray animals have to be kept for four "clear" days after which they become the shelter's property, says Webb.

"We could be half empty, but we try to keep animals alive as long as possible."

When the shelter is at full capacity, visitors can walk throught the brightly painted cage area and see the faces of 40 dogs and 30 cats who are waiting to be adopted or claimed.

The capacity will increase to 50 dogs and 40 cats when the new facility opens in the coming spring.

In 1995, 974 dogs were brought into the shelter; 274 of those canines were adopted and 320 reclaimed by owners. Also that year, 1370 cats were brought in and 380 were adopted.

In the far corner behind the office counter, radios stand ready to communicate with the SPCA's trucks.

Neatly-printed signs adorn doors on the double set that lead to the cage area. The signs ask people not to touch the animals to prevent the spreading of disease.

The cages speak of cleanliness — the smell that greets visitors is a mixture of antiseptic cleanser and the usual odor that comes with animals.

Water from a spraying hose pounds the cement floor making a shower of droplets.

From behind cage doors, the pleading eyes of German shepherd mixes, mutts, rottweilers Newfoundlands and a husky mix stare out accompanied by soft requests for attention.

A bright-eyed 10-week-old kitten watches everything that goes on while waiting to be adopted from the Welland SPCA.
Photo by Melissa Labbe

In the cat room, kittens meow with bright eyes and cats glance apathetically at anyone who comes to see them.

Visiting the SPCA is never easy for those who leave empty-handed.

International Speakers Series discusses trade

By RICHARD MANCUSO
Staff Writer

Why investing in Latin America is risky business was the focus of The International Speakers Series held at the Maid of the Mist Centre in Niagara Falls on Nov. 21.

The Speakers Series, held four times yearly, twice in the first term and twice in the second, gives students and the public the chance to listen to speakers on worldwide social and business issues.

On Nov. 21, the topic was *Doing Business in Latin America*. The speaker was Dr. Stan Warren, professor of economics and finance at Niagara University in New York State.

The main reason given for the risk was the debt crisis and the risks that it and the exchange rate pose to foreign investors. Warren spoke of expropriation of property by past Latin American governments.

Warren explained terms such as country risk and debt crisis and talked about the Mexican peso crisis of 1994-1995.

"The Mexican peso crisis should not be looked at as an extension of a debt crisis but as a notion of a credibility gap," Warren said, adding Mexico must show monetary stability in order to attract investors. "The risk must be minimized before investors take a chance."

Warren has researched debt rescheduling of Latin American financial developments by banks and governments. The results of his research were presented during the Global Finance Conference in San Diego in May 1995.

After Warren's presentation, there was a panel discussion by Warren and four other guests, including Ian Milne, a vice-president of Acres International in Niagara Falls. He is responsible for Acres' corporate investments and business developments in Latin America.

Durk Bylsma, vice-president and general manager of Canal Block, was also a panelist. Canal Block produces concrete building elements. Bylsma previously worked for Stelco's offices in Brazil, Argentina and Venezuela.

The other two panel members were Niagara College's Claudia Lopez, an *English as a Second* Language program student from Columbia; and Malcom Howe, co-ordinator of the International Trade (post-diploma) program.

Human Rights and International Relief Work is the topic of the next instalment of the Speakers Series set for Feb. 27, 1997. The guest speaker will be Rachel Kidell Monroe, an experienced field worker with Doctors without Borders, who has worked in Rwanda and Zaire.

FBI chaplain speaks on bombing

By KATHERINE NADEAU
Staff Writer

Richard Sale, instructor criminal justice/social science at Florence-Darlington Technical College in South Carolina, spoke to visitors and students in the Hamilton Room at Niagara College's open house on Nov. 23.

Heather Hodgson, co-ordinator of the Law and Security Administration program and casino and hotel security program, asked him to talk about his experiences as an FBI chaplain during the aftermath of the Oklahoma bombing of a federal building.

The bomb went off at 9:02 a.m. killing 168 people; many of those killed were children from the building's day-care centre.

Sale said he arrived eight days after the bombing. The blast created the "largest crime scene in American history." One hundred city blocks were fenced in. Sale stayed for nine days, providing emotional support to the exhausted workers.

Included in his presentation was a video-tape of a de-briefing session where the rescue workers were able to express their grief. One worker spoke of passing the lifeless body of a child and then laying the small body in what had been the playground.

Sale said one of the "most remarkable things" about the experience was the selfless attitude of the people involved.

He talked about the wife of the last victim that was recovered. She and her daughter sat outside the fenced area making memorial ribbons while she waited for news of her husband.

None of the family members were allowed inside, but many gathered outside the fence to leave flowers and to mourn.

Sale said "thousands of cards and letters of encouragement poured in from all over the country."

A scene repeated many times was the weary, exhausted workers "fortified by reading the letters, especially those that came from children," he said.

He said two weeks after the bombing, the families were brought by bus to the site.

The growing pile of flowers was moved from the fence and placed at the centre of the impact. Each person was given a rose by the governor of Oklahoma as they filed past an honor guard of police, chaplains and rescue personel and saw the place where their loved ones had died.

Sale was presented with a Niagara College sweatshirt by Hodgson at the end of his presentation.

Sports/Super Bowl Supplement
next edition January 17, 1997

TRADITIONS & CELEBRATIONS

Katie Kubacki taking in the Festival of Lights in Niagara Falls.
Photo by Robert Hallett

All about old St. Nick

By KERI-LYNN SMITH
Staff Writer

In 1897, a young girl wrote a letter to the editor of the New York Sun, asking if there is a Santa Claus.

"Yes, Virginia, there is a Santa Claus . . . Thank God! He lives and he lives forever. A thousand years from now, Virginia, nay ten times ten thousand years from now, he will continue to make glad the heart of childhood," wrote Francis Pharcellus Church in reply.

Unlike Virginia, Courtney, 5, and Chelsea Chapman, 6, say they know all about St. Nick, right down to the very details.

"He has a little beard and little hat, red coat, red pants and black boots," says Chelsea.

"Santa is 21," says Courtney, only to be corrected by her older sister.

"He's 25."

The sisters, daughters of Niagara College Graphic Arts Technician program graduate Stephen Chapman, even have ideas of what they'd give Santa for Christmas if he were a child.

Chelsea says, "Anything he wanted," but Courtney is more specific.

"I would buy him a toy toad." Why a toad?

"He's a boy!"

Of course.

The Chapmans leave peanut butter cookies for Santa on Christmas Eve, but Courtney says he likes Oreos.

"He eats the middle part and gives the chocolate part to the reindeer."

She says Santa told her this at Niagara Square mall in Niagara Falls when she sat on his knee recently.

Chelsea says she's not sure what she wants for Christmas, but rolls her eyes when her younger sister pipes up.

"I want Fluffy . . . a dog that you say 'come here, Fluffy' to," Courtney says.

Hear that Dad?

"It's $60," Chelsea whispers.

As the youngsters cut, glue and color paper Christmas trees and Santa hats, complete with wrapping, Courtney sings a song to the tune of *London Bridge*.

"Decorate the Christmas tree, *Christmas tree, Christmas tree,*" she belts out over and over.

And over.

Don't these kids ever run out of energy?

"Nope," says Chelsea, not when they're decorating for Christmas.

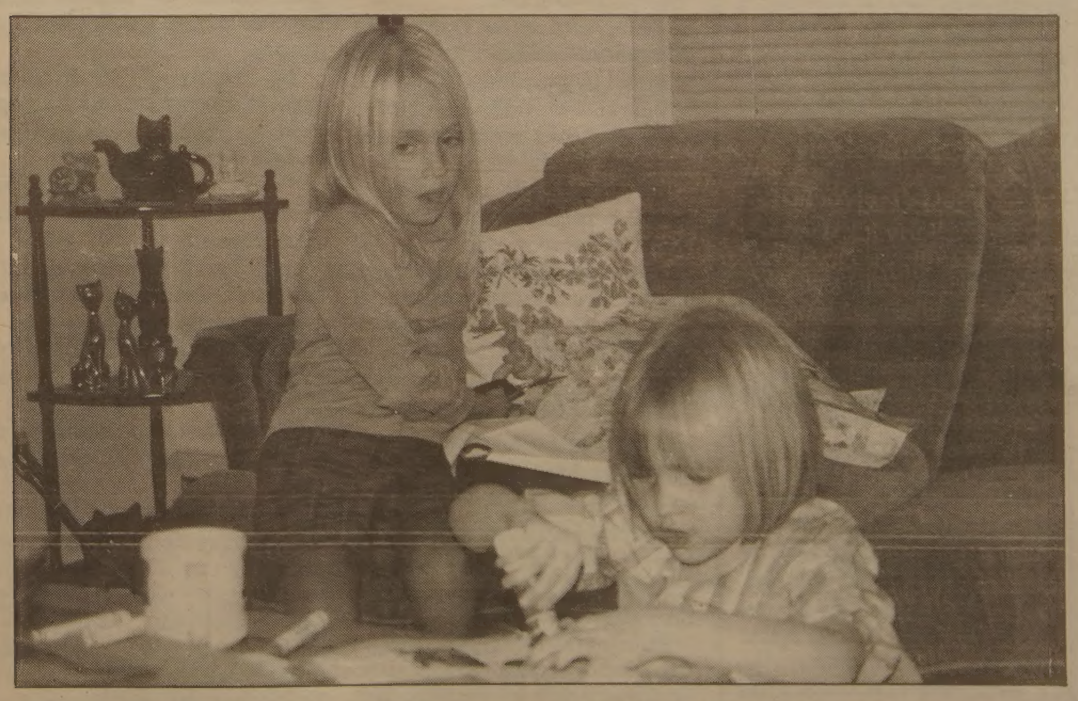
She puts a yellow construction paper star on the tree she has made.

"Decorating the tree is the best part of Christmas," she says.

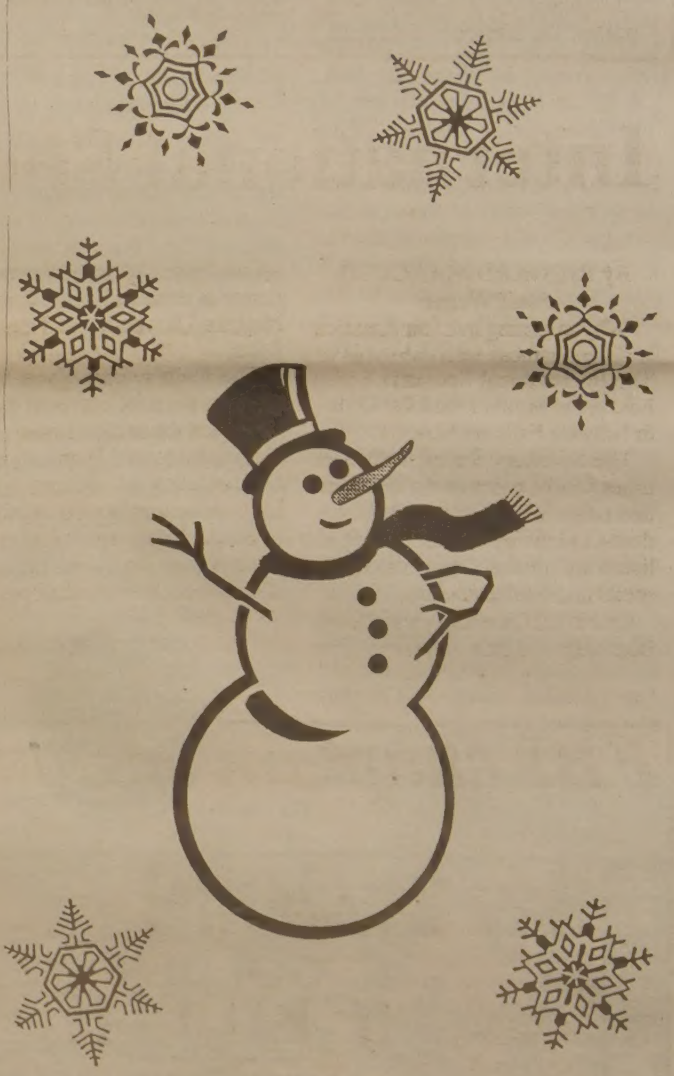
Courtney stops singing long enough to add, "And the presents. They're good."

Speaking of presents, Chelsea says she's "making a present for Dad."

Move over Santa, here come the Chapmans.



Chelsea Chapman, 6, and Courtney Chapman, 5, make Christmas decorations for loved ones.
Photo by Keri-Lynn Smith



The Bible's version

By SAMANTHA GOLDWIN
Staff Writer

The story of Christmas comes from the Bible. Here is the way it is told by Saint Luke:

And she brought forth her first born son, and wrapped him in swaddling clothes, and laid him in a manger, because there was no room for them in the inn.

And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And lo, the angel of the Lord came upon them, and the glory of the Lord shone around about them; and they were sore afraid. And the angel said unto them,

"Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; ye shall find the babe wrapped in swaddling clothes, lying in a manger."

Merry Christmas and Happy New Year to all.

The history of St. Nick is finally revealed

He's not from the north pole

By HYOJEONG KIM
Staff Writer

The faint jingle of bells throughout the winter season brings to mind a picture of a chubby old man dressed in red and sporting a white beard.

"Jingle bells, jingle bells, jingle all the way . . ."

It's hard for Canadians to imagine Christmas without Santa Claus.

At the sound of that name images abound of a sleigh packed with gifts bringing smiles to the faces of children worldwide.

But who is Santa Claus?

Where did he come from?

The legend of Santa Claus is traced back to Saint Nicholas, a bishop of Myra — now Turkey — in the fourth century.

Saint Nicholas, the patron saint of children, secretly gave three bags of gold to three daughters of a poor merchant for their dowries.

When he tossed the bags through a window at night, one of them fell into a stocking hung by the chimney to dry.

Thus, the tradition of hanging stockings by the fireplace began.

He was popular among Eastern Christians. The Byzantine princess Theophano, the wife of Emperor Otto II (reigned 937-983), introduced Saint Nicholas into Germany's culture. After, he also became known in England.

In the Middle Ages, German and English people celebrated Saint Nicholas' feast day on Dec. 6.

In 1624, the first Dutch settlers in New Amsterdam (now New York) brought Saint Nicholas' story into North America, keeping the festival on Dec. 6 and giving gifts to children.

They called him Sinter-Klaas.

As the English settlers took over the idea, Sinter-Klaas became Santa Claus and was eventually associated with Christmas.

The modern image of Santa Claus is from the cartoons of Thomas Nast.

Nast was a political cartoonist for the New York periodical *Harper's Illustrated Weekly* during the Civil War.

He developed the picture of Santa Claus with his furry clothes and white beard through his cartoons, which were first published in 1863.

In this century, Santa's clothes turned to red and white like Saint Nicholas' robes.

Now he is everywhere in the world: on Christmas cards, in Christmas songs, and in countless Christmas stories and movies.

Brock's cure for the winter blues

By ADAM KIESWETTER
Staff Writer

For those long, frosty December nights, the Brock University Centre for the Arts in St. Catharines has a well-rounded selection of symphony, ballet and play performances to warm the hearts of those seeking refuge from cold, winter boredom.

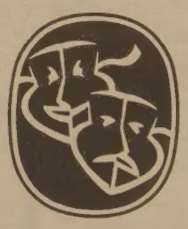
* Ballet Jorgen's production of Tchaikovsky's classic *The Nutcracker* will be returning to Brock for its second year after receiving standing ovations at last season's two performances. Performances are on Dec. 7 at 7 p.m. and Dec. 8 at 2 p.m. in the Playhouse theatre. Single ticket prices are $23 for adults and $21 for student/seniors.

* "Canada's most popular play" stars Stratford veteran and award-winning stage actor Rod Beattie in *Letter from the Wingfield Farm.* An hilarious story about one man's attempt to abandon city life and to embrace a simpler existence in the country. There are two performances on Wednesday, Dec. 11 at 2 p.m. and 8 p.m. in the Playhouse theatre. Single ticket prices are $19 for adults and $17 for students/seniors.

* Compared with Bing Crosby's trio with the Paul Whiteman Band, *The Rhythm Kings* have established a unique character with a combination of close harmony, instrumental virtuosity and spectacular tap-dancing. The charming powerhouse trio will be performing in the Sean O' Sullivan Theatre on Thursday, Dec. 12 at 8 p.m. Single ticket prices are $25 for adults and $23 for students/seniors.

* Internationally acclaimed Scottish-Canadian tenor *John McDermott* will be enchanting audiences at three performances with his ability to "caress a lyric with a passionate feel for the story behind each song," on Dec. 16, 17, and 18 all at 8 p.m. in the Sean O' Sullivan Theatre. Accompanying McDermott for these special holiday performances will be the Niagara Symphony Orchestra.

For information on tickets to any of the upcoming shows, call the Box Office at (905) 688-5550, ext. 3257, weekdays 10 a.m. to 7 p.m. and Saturdays, noon to 4 p.m.



Winter wonderland

Mist from Niagara Falls on these bushes created this natural glistening work of art.
Photo by Jennifer Gibson

Mmm . . .

Submitted by
KERI-LYNN SMITH
Staff Writer

Kinship Cookies

3 cups flour
1/2 teaspoon salt
1 teaspoon baking powder
4 eggs
2 cups sugar
2 tablespoons grated lemon rind
2 tablespoons grated orange rind
1/4 cup anise seed

Combine flour, salt and baking powder in a small bowl. Beat eggs until fluffy in a medium-sized mixing bowl. Continue beating and slowly add the sugar. When mixed properly, this batter is pale and thick. Add a little milk if the batter is too dry. Stir in lemon and orange rinds. Mix in dry ingredients a little at a time until the dough is smooth. Cover and chill for one hour.

Roll 1/3-inch thick on a flat, sugared surface. Cut into desired shapes. Place on greased cookie sheets. Sprinkle with anise seed. Cover and refrigerate for 24 hours. Preheat oven to 325 F. Bake until lightly browned on the edges, about 20 minutes. Cool. Place in an airtight container and store 10 days before eating.

Yield: About five dozen small cookies.

Taken from *A Kitchen Witch's Cookbook* by Patricia Telesco

Open Arms will ease stress

Mission provides fellowship

By DEBRA BRIGHT
Staff Writer

Christmas brings thoughts of peace on earth and goodwill toward men. But, Christmas can also be a lonely, stressful time.

Places such as the Open Arms Mission in Welland can help fill the void by providing fellowship. When visitors walk through the front door, they are made to feel welcome.

Every Saturday, a hot meal is served between 10 a.m. and 1:30 p.m. On Saturday, Dec. 21, a special Christmas lunch will be served. Each person attending will receive a gift provided by various groups and corporations in the city.

"The Christian community has never let us down."
-Robert McClelland

For example, there are personal kits for men that contain towels, shampoo and toothpaste and children will receive candy.

Robert A. McClelland, executive director of the mission said the mission won't be handing out Christmas baskets to avoid duplicating a service provided by the Salvation Army and the Community ReSource Action Centre.

The mission had been experiencing a cash flow problem, but that is correcting itself, said McClelland. "The bills are caught up. I've been very active in raising money."

He recently sent out an appeal for cash donations to church groups, business people and corporations to help with operating expenses.

"The Christian community has never let us down," said McClelland.

Although the mission doesn't provide counselling services, it does help individuals in other ways.

For example, one person was provided with a haircut for a job interview.

Every Thursday, a local woman will be giving haircuts by appointment.

Another woman, who had difficulties budgeting her money, is receiving help. She'll now be able to buy her children Christmas gifts, said McClelland.

During the Christmas season, the mission will be open Christmas Eve, close Christmas Day and reopen on Saturday, Dec. 28, said McClelland. It will be closed on New Year's Day.

Hey Students!

GOLDEN GRIDDLE
FAMILY RESTAURANTS

Come try our Weekend Breakfast Buffet!

Includes: bacon, sausage, eggs, homefries, pancakes, waffles, french toast, croissants, fresh fruit and much more!

Free Breakfast Buffet
buy one Breakfast Buffet at $7.99 and get one Free!
Expires January 31/97.
Valid Saturday and Sunday 9 a.m. to 2 p.m.
Not valid with any other promotion.
St. Catharines location Only!

2 Dunlop Drive adjoining the Comfort Inn
take Lake Street exit from the QEW, St. Catharines
646-0640
LLBO - Open 7 days, from 7 a.m. to 10 p.m.

NIAGARA COLLEGE
of Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

A touching Christmas

By DEBRALEE VAN GHENT
Staff Writer

Christmas for me has always been fun and an enjoyable time of year.

We would have the entire family at our place and have a big feast. We would decorate the house and put up a Christmas tree.

One Christmas for me was a special one because we had planned special surprises for my grandparents.

One surprise was for my grandmother. It was a tape recording of my grandfather's own recordings. We only had two records of him left with four of his songs. We had them transferred onto a compact disc.

The presentation was done first before we opened our own gifts. My brother turned on the CD player and next thing you knew we heard my grandfather's voice in the room. It was a success. My grandmother started to cry along with everyone else and gave us a memorable moment.

The other surprise was for my step-grandfather. This surprise was from my brother and me. It was a poem I had written for him saying he was like a grandfather we had never had and that he treated us like we were his own grandkids.

The poem brought tears to his eyes. I had never seen him cry before.

The thing is his son had never showed him the kind of love he needed. He received this love from two complete strangers who soon became grandkids to him.

This Christmas, unfortunately, will be celebrated without him. He past away in April. Christmas will never be the same again.

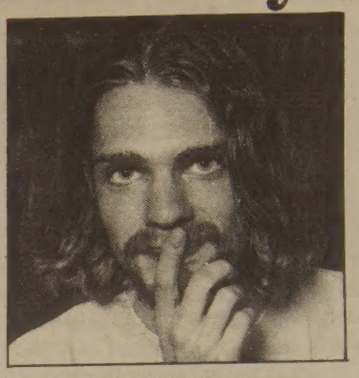
I was so glad I had written that poem for him last year because I wouldn't have had that opportunity this year to do it.

My step-grandfather will always be remembered. He was a grandfather figure to me because I never knew my other grandfathers. I am glad for the time we spent together.

So to the people who have grandparents, take every moment you possibly can and spend time with them because you just never know if it's the last holiday you'll have with them.

This column is written in the memory of my step-grandfather, John MacKenzie 1928-1996.

Holiday Cheer?



By BRIAN HALLETT
Staff Writer

Going home for Christmas is not always a pleasurable experience. My family rarely gets together, but when they do they disagree a lot.

For Christmas, my family gets together for their traditional arguments. Everybody seems to argue with everybody about the same topics every year. It puts a damper on Christmas.

The long trip home seems even longer when you know you are going home to your family members arguing. All my family like to argue and voice their opinions strongly. I miss my family and all, but why should I go home.

The males in my family argue about front- and rear-wheel drive. This carries on until someone brings up the idea of four-wheel drive and then they argue about when four-wheel drive should be used.

The females argue about what to serve and what was served last year. Squash or sweet potatoes — that's what the argument is over.

Everybody seems to argue with everybody . . .

We can't forget about the Christmas tree. It looks very nice every year, but someone always wants to decorate the tree a certain way and someone always disagrees.

Every year I go back and every year I wonder why. I guess it is because I love them and putting up with them is a small price to pay.

My Christmas bill, on the other hand, is not so small.

Home for Christmas

BY PENNI TONEGUZZO
Staff Writer

Well, Christmas is upon us.

It's time to spend time with family and friends, read The Night Before Christmas, and fill your tummy with delicious foods.

For me, this time of year is very special.

As a student who is hours of travelling time from home, all I want for Christmas is to spend time with my family and friends, and to be "home" where all of my best memories remain. If someone were to tell me I couldn't go home, I don't know what I'd do.

Gifts are great, but "home" means the world to me. It's hard to be away. I have a grandmother who is ill and family members who are parting. I believe it is my responsibility to bring the family together.

I haven't spent quality time with my big, bad, and only brother, who works out of town. This is my opportunity to make more memories with him, and, of course, with my parents whom I could never repay. All I can do for them is make them proud of their daughter, who they raised and taught the good values in life.

There was a time in my life when my family grew apart. Now that we've chosen our own paths, and we're not together as much, it has made us grow closer in a strange way. I guess that strange way is realizing what family values are.

Christmas is a special time with the ones you love and for remembering where your roots began.

So, may your Christmas be white, and may your holidays be filled with love, laughter and special memories. I hope you are safe and well for the warm festivities, and receive from Santa what you wished for.

I know he is looking upon me, doing his best to give my grandmother strength, and to get me home to spend time with her, my cherished family, and my close friends.

Merry Christmas!

A special time of year for all

By GRETTA ROSSI
Staff Writer

Christmas is the time of year when people share in the spirit of friendship, love and good cheer.

In the spirit of the season, I am not being intentionally depressing, but at times it is difficult watching couples share special moments, such as a walk in the snow or picking out a Christmas tree. I wish I had someone to make those kind of memories with.

I have talked with friends and acquaintances and my experience is not an isolated one.

Those of us who are single by choice or who have lost loved ones feel the lost chances to make and cherish memories with someone we care about.

That's not to say families and friends don't help to make up for this, and memories made with them are just as wonderful. Making snowpeople with Dad and shopping with my best friends are highlights of the season.

But there still is that little twinge in the back of my mind, when an elderly couple, bundled for the cold, walk hand in hand.

For me, it's not anyone in particular I am thinking about. It's more an ideal I wish for — the idea of companionship on a cold night in front of a fire.

For others, it is a Christmas alone for the first time, whether it is because a loved one has left or is separated by distance in miles. We can and often do feel a longing for things left in the past and of future memories that won't or can't be made.

To dwell on what can't be is not healthy. These feelings, however, offer a unique opportunity to realize how the season has touched you and turned it into a chance to bring a smile to a spirit touched with sadness.

That is the essence of what this season means — a sharing, an empathy for others, that brings us closer.

When one of us feels pain, we should try to share our own joy.

Christmas is the time to aspire to this ideal. Sometimes we even attain it. The call goes forth for peace on earth and goodwill to all mankind.

'Christmas is the time to aspire to this ideal. Sometimes we even attain it'

Tradition is key to a merry Christmas

By ROBERT HALLETT
Staff Writer

Christmas means a lot of things to a lot of people.

Christmas is usually a joyous and merry time for most people. For others though, it can be a time of sadness which brings back some painful memories.

Still others are homeless or cannot be with their families for Christmas. My heart goes out to those who are less fortunate.

For me, Christmas is good and bad. Since my grandmother died two summers ago, Christmas has not been quite the same, but that is another story.

I still love getting up on Christmas morning and opening presents.

I love seeing how my family reacts to the presents I gave them. By noon, our cat is completely high from the catnip we always get her, although this might be her last Christmas (she is 15 years old).

'I still love getting up and opening presents'

Decorating our artificial Christmas tree is always fun. No matter what, the tree always looks different every year. Putting up the house lights is fun too, although we do not have many of them.

My mom always makes the best shortbread cookies. She makes some other really cool stuff too, like rocky road squares.

Christmas shopping is one of my favorite things to do. It always makes me feel good when I buy a present for someone else, even if I do tend to get myself something too.

I like going around and seeing the displays of lights. It always fills me with the Christmas spirit seeing so many colorful lights and decorations.

The only thing I do not like about Christmas is the cold weather, but I guess it would not be Christmas without it.

Merry Christmas, everybody!

Hanukkah celebrates ancient miracles

By TANYA BRYAN
Staff Writer

Christmas isn't the only family-oriented celebration in the wintertime.

Hanukkah, also known as the Festival of Lights, is a Jewish celebration that takes place around the time of the winter solstice and lasts for eight days.

It begins the 25th of the Hebrew lunar month Kislev (November-December), and celebrates the victory of Judah Maccabee over the Syrian tyrant Antiochus in 165 B.C.E.

As the story goes, Antiochus attempted to force the Jews to convert to his ways. He forbade Jewish study and circumcision, forced idol-worship and destroyed the Holy Temple in Jerusalem.

After fighting for seven years, the Jews returned to Jerusalem victorious, determined to cleanse and rededicate the Temple which had been desecrated by Antiochus.

When it came time to light the Holy Light, they found just one cruse (jar) of undefiled oil, enough to light the lamp for only one day. It would take eight days to prepare fresh consecrated oil. Miraculously, the one jar of oil burned for eight days and eight nights.

Since that time, Jewish people have celebrated the miracle of the light as well as the miracle of the weak triumphing over the strong.

Hanukkah comes from the Hebrew root Hanokh, which means dedication. The menorah is lit on all eight nights to commemorate the rededication of the ancient temple in Jerusalem, and also to celebrate the triumph of freedom over persecution.

Each night of the festival, the family gathers around the menorah, a special candelabrum that holds eight candles. At sunset on the first night, the head of the family uses a helper candle, called a shamos, to light one candle. The lighting is accompanied by the chanting of blessings and singing of songs, such as *Ma'oz Tzur*.

On the second night, two candles are lit and so on, until all eight candles are lit on the eighth night.

The lights must be burned for at least half an hour, during which no work is allowed in the house. This gave rise to the custom of indulging in games, such as the ones played by children with a small, four-sided wooden top called a dreidel.

On each side of the top is one letter of NGHS, which stands for Nes Godol Hoyoh Shom, which means a great miracle happened there. Hanukkah delicacies made with oil, such as latkes (potato pancakes) and sufganiyot (doughnuts), are served, and gifts are given each night.

In North America, Hanukkah has been influenced by the celebration of Christmas.

While a tradition of giving Hanukkah gelt (money) is an old one, the proximity to Christmas has made gift-giving an intrinsic part of the holiday. In general, the attempt to create a Jewish equivalent has given Hanukkah more significance than it has had in the past.

Celebrations fit for a god

Yule offers alternative to Christmas

By KERI-LYNN SMITH
Staff Writer

Yule logs roasting on an open fire . . .

If chestnuts can roast on an open fire, why not Yule logs?

Not everyone celebrates Christmas at this time of year.

The death and rebirth of the sun god are marked by Yule, and pagans often celebrate by ritualizing the sun's rebirth.

Linda Underhill, of San Rafael, Calif., has been celebrating Yule for about 20 years. The 41-year-old pagan says the Yule celebration reminds us of our farming and hunter heritage.

On the winter solstice, the shortest day of the year, "our ancient ancestors would light a large fire . . . in order to remind the spirits (and themselves) that the sun will shine more and more each day so that the land will be ready to plant again in the spring."

Twenty-four-year-old Catherine, who asked that only her first name be used, also welcomes the sun back by putting electric candles in the window. The Chicago, Ill. resident says her family puts the candles in the window to "light the way for the Christ child," but she says she does it for the original meaning (welcoming back the sun).

She says it "helps mix family traditions with pagan ones."

Allegra Brillante, 25, will be celebrating this year's Yule in a new home, along with new pets, so she says she wants to make it "as special as possible."

Brillante, of Montrose, Colo., has always been practicing "Yule-like traditions," but she says she didn't discover paganism until three years ago.

"I intensely disliked the commercialism and pushiness of the church that went with Christmas."

The death and rebirth of the the sun god are marked by Yule . . .

She says she's always decorated "with an eye toward nature," and her gifts are handmade with "lots of love."

Love is bountiful in pagan gatherings.

Underhill says she uses Yule and "other pagan holidays to teach my goddess child about the circle of the year and her place in nature."

Yule logs are often decorated with holly, mistletoe, ivy and juniper, and candles are lit on top of the log to "give light to the offering to the sun god," says Underhill.

A 34-year-old mother of three who wishes to be identified as Saphyre from Illinois, says, "Christmas, other than Santa Claus, holds little for us."

She says she invites family and friends to an "open house" celebration, where they spend an evening of "fun, food and games.

"We greet the coming of the dawn to ritualize the returning of the sun," says Saphyre, adding, "In less aware times it was believed that if not watched and waited for, the sun would not return."

Brillante says "the final straw," when she quit celebrating Christmas and started celebrating Yule, was in December 1993.

"My husband and I were away at college and stuck in town without family. We decided to attend a midnight service at the Methodist church. The people there were so insincere and unfriendly that I nearly gagged." She says the people had "no clue as to the true meaning of Christmas and were simply anxious to socialize and hit the slopes."

It was then Brillante started to research pagan holidays, and she's been celebrating ever since.

Linda Underhill's Yule Drink

2 parts apple cider
1 part honey mead
mulling spices (bought in a bag or combine cinnamon, ginger, nutmeg, cloves and allspice in cheese cloth)

Heat sider with spices then add mead. Serve in a large mug with cinnamon stick.

Watching over us

By SAMANTHA GOLDWIN
Staff Writer

Every time a bell rings, an angel is sure to get his wings.

Do you remember where that saying is from?

The movie is *It's a Wonderful Life*, the Christmas story of an angel who has come to earth to earn his wings by helping a man, played by James Stewart, look at his life and steer him in the right direction.

Angels are always watching over us, but Christmas is a time to show our admiration and love for them.

How exciting it is to be the one to place the beautiful figurine on top of the Christmas tree or to open your door to carollers singing, "Hark the Herald angels sing . . . "

Angels and Christmas go hand in hand.

Angel likenesses grace tabletops and treetops, mantles and lapels.

At this time of giving, angels soar through glittering books arrayed in specialty shops.

They perch amid tree lights, watching over packages and listening to the carols that recall Christmas rituals of comfort and joy.

We are not bothered by the dark angels at Christmas time. Paradise is promised, not lost, in the story of Christ born in a stable. The angels of Christmas are heralds and harbingers, dreamers and guardians of hope.

At Christmas, we see Gabriel the messenger, the gentle and wise archangel shared by all the faiths that sprang from the deserts of the Middle East.

The angels of Christmas come to us softly, bearing good tidings of great joy for all people. Peace on Earth, goodwill to men.

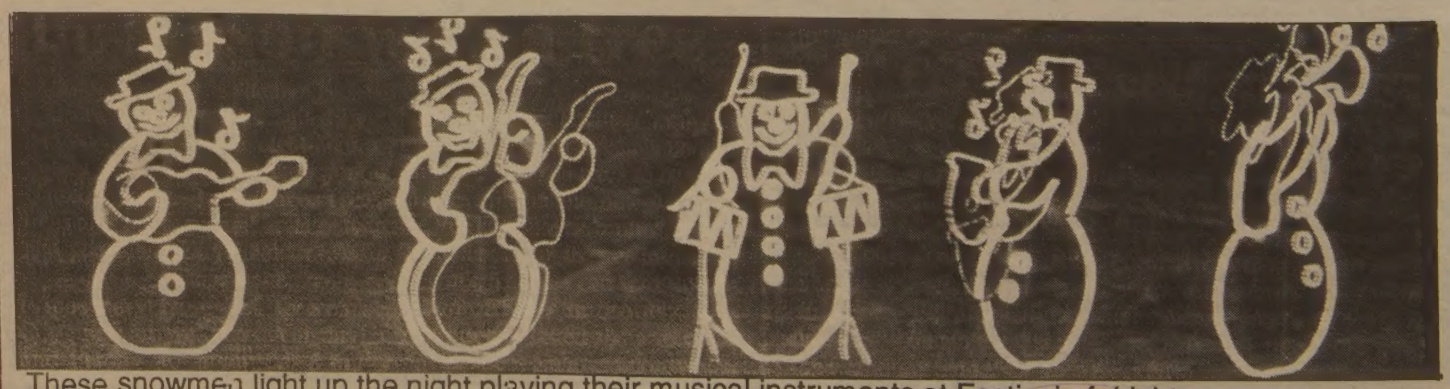
Angels dwell in snow globes and on needlepoint pillows. In the marketplace, the humbler angels are wrought in brass and silver, glass and pottery. They are shaped in cookie dough and stamped on refrigerator magnets and wrapping paper.

There are vital reasons for seeing angels incarnate in these uncertain times: Rwanda. Bosnia. Chechyna. Kids without coats in the dead of winter. Fire. Nuclear waste. Polluted water. AIDS. War wounds. Global homelessness on an unprecedented scale.

Who would not dream for an angel to bring warmth and protection, promise and celebration? Christmas lets us fulfill these wishes.

For a moment, a Christmas angel is sure to visit in the laugh of a child, in the eyes heavy with sleep after the Christmas day meal, and in the conversation of friends together over glasses filled with joy and cheer.

A new kind of light rock



These snowmen light up the night playing their musical instruments at Festival of Lights.

Photo by Jennifer Gibson

The lights are on in Niagara Falls

By KATHERINE NADEAU
Staff Writer

First created in 1982 to encourage a winter tourist season in Niagara Falls, the Winter Festival of Lights is celebrating its 14th season.

Opening ceremonies took place on Nov. 23 with the Santa Claus Parade. Melissa Thomson and Chuck Wagner, stars of the Disney stage production *Beauty and the Beast*, put in a special appearance along with the Niagara Children's Chorus during two concert performances in Queen Victoria Park. A fireworks display over the falls was also part of the opening ceremonies.

The festival enjoyed many successful seasons and attracted the attention of Disney and the Baton Broadcasting System (BBS). Members of the festival approached Disney with the idea and they teamed up in 1991.

In 1992, BBS aired the Winter Festival's New Year's Eve show in Ontario and Saskatchewan. More than a million viewers watched, attracting an 18 per cent higher rating than the popular Dick Clark New Year's Eve special.

The festival's show is an annual event broadcast from coast to coast.

Scheduled for Saturday is Country Night on the Main Stage with special guests Farmer's Daughter and opening act Thomas Wade and Wayward.

On Dec. 14, Sharon, Lois and Bram's Elephant Party will be at the Skyline Brock Hotel, 5685 Falls Ave., from 2 p.m. to 3 p.m. There is a $2 donation collected at the door with proceeds going to UNICEF and to the festival.

The cost of most events is a $1 donation. Loonie barrels are located at major events in the park. For more information, call the festival hotline 1-800-563-2557 or the festial office at 356-6061.

The festival ends Jan. 12.

Pocahontas and her friends ride the waves in lights at Festival of Lights in Niagara Falls.
Photo by Jennifer Gibson

Semi-formal a glittering success

By GRETTA ROSSI
Staff Writer

All that glitters wasn't just gold for Niagara College's Maid of the Mist centre students.

The Best Western Cairn Croft Hotel, at 6400 Lundy's Lane, was decorated with tinsel, candles and foil-wrapped chocolates for the annual semi-formal event.

The campus Christmas party is a highly anticipated event for students, said Sarah Penney, student council president.

Tickets were sold for $10 a single and $15 a couple, selling for two weeks in advance of the Dec. 3 date.

Sarah Penney, Hotel and Restaurant Administration program student, visits with Santa at the Maid of the Mist Semi-formal.
Photo by Jennifer Gibson

Sparkling gowns and suit jackets were the attire

The party began at 9 p.m. and ended at 1 a.m. The annual affair took place in the Oak Room of the hotel.

The room, panelled with oak, was complete with bar, dance floor, seating area and an all-request dance-party D.J.

Compliments of the student council, Polaroid photos were taken with jolly old Saint Nick himself for everyone who wanted one.

Lifesavers' Sweet Story Books were also given as door prizes by student council during the night.

Attire for the evening included sparkling gowns, heels, suit jackets and ties.

As the evening progressed, shoes got kicked off, ties found their ways to chair backs and students threw themselves whole-heartedly into the effort of having a great time.

As the evening wound down, talk of the Christmas break, exams to come and semester memories were punctuated by laughter and the question, would you like to dance?

Spruce up the season with a tree

By GORD WITTENBERG
Staff Writer

When families bring home their Christmas tree from a choose-and-cut tree farm, they are following a tradition that is more than 1,000 years old.

The Pillar 'n Pines Christmas tree farm at 171 Metler Rd., in Fonthill is one area farm that allows families to carry on this ancient custom.

Laurie and Fred Huneault own and operate this small eight-acre, family-run farm, which they purchased a year and a half ago. The trees are sold at a retail level only and you must cut your own tree.

Prices vary from $20 to $25. Customers are welcome Thursday and Friday noon until 5 p.m. Saturday and Sunday dawn to dusk.

"After the tree is cut the customer should slice or cut the tree again because it will scab up by the time the customer gets home," said Laurie. "You have to open up the vascular in the new wood so the tree can take up moisture, then immediately put the tree into a pail of water. The tree can soak up one gallon of water in one day. Last year our tree lasted six weeks.

"Real trees are a tradition, which can also be recycled and will never be replaced with artificial," added Laurie.

A festive tradition

By GORD WITTENBERG
Staff Writer

Once a year, forests seem to grow in the city.

Every empty corner lot fills up with trees that arrive in an endless stream on trucks from the country, waiting for a family to take them home.

Evergreens have been associated with seasonal celebrations since ancient times, and have been used as symbols by various nationalities and religious groups, including the Egyptians, Romans, Druids, Vikings, Anglo-Saxons, Spaniards, and Slovaks.

The idea of decorating a tree as part of seasonal celebrations is an old one that comes from many lands and cultures.

Evergreens have always been an important symbol at the time of the winter solstice (the longest night and shortest day of the year, Dec. 22).

Plants that remained green all winter reminded primitive peoples that spring was bound to return and that once again the land would be green and lush.

A decorated tree is an important part of the festive season traditions. The official colors of red and green originate with the red apples that once hung on the green *Paradeisbaum*, or paradise tree, that was part of 14th century religious pageantry.

Most decorations we hang on trees today have a long history and once had very specific religious associations.

In ancient times before Christianity, people hung evergreen boughs over the door and windows. Many believed that evergreens would keep away witches, ghosts, evil spirits and illness.

The first Christmas tree in Canada was set up in Sorel, Que., in 1781 by Baron Friederick von Riedesel, who moved to Canada from Germany.

The next recorded use of a Christmas tree in Canada appears in Halifax in 1846 by William Pryor, who decorated it with glass ornaments imported from Germany to please his German wife. After that the custom spread quickly as German and British pioneers began to settle throughout the nation.

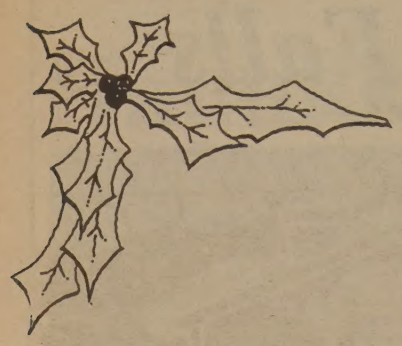
Bringing in the Yule Log was a ritual that began in Great Britain on Christmas Eve.

The large central trunk of a tree was dragged from the forest and thrown into the fireplace where it would burn for the 12 days of Christmas.

The log had to be ignited the first time a flame was put to it or bad luck would surely follow. It also had to be lit with a stick saved from the fire from the year before or the house would burn down. Also charcoal from the fire was kept under the family beds for the following year or the house might be struck by lightning. In Ireland it was called 'bloc na Nodleg' or Christmas block.

Today Christmas trees are a major agriculture crop with three million trees produced on Canadian farms every year.

When you bring home your Christmas tree from a lot or farm, remember you are following a tradition that is more than 1,000 years old.



Merry Christmas

Ancillary Services

Best wishes for a
Very Merry Christmas
and a
Prosperous new year!

Happy Holidays

May I extend to you and yours
my best wishes
for a relaxed and enjoyable
holiday season
and may happiness be yours in the New Year!
From the President of Niagara College
— Dan Patterson

Merry Christmas

To: One and All
From: The
Child Care Centre

"The Athletic Dept. Wishes you
a Safe and Happy Holiday"

Join
SANTA'S TEAM
get involved
in intermural sports

Season's Greetings

from the management
and staff of
Versa Services

Holiday Greetings

from your friends in the
Access and Student Success
Division . . .

Services:
- Aboriginal Education Office
- Athletics
- Counselling
- Employment Services
- Health Services
- Peer Services
- Special Needs Office
- Student Council Liason

Programs:
- Basic Training for Skill Development (BTSD)
- Career & College Opportunities
- General Arts & Sciences
- Health Sciences Preparatory Option
- Ontario Basic Skills (O.B.S.)
- Native Options: Culinary Skills
- Career & college opportunities
- Social Service Worker

"Your partners in success"

Silent Night

Silent night' Holy night! All is calm, all is bright.
Round you Virgin Mother and Child Holy Infant, so tender and mild
Sleep in heavenly peace, Sleep in heavenly peace.

Silent night, Holy night, Shepherds quake at the sight,
Glories stream from heaven above, Heavenly hosts sing, Al-le-lu-ia
Christ the saviour is born Christ the Saviour is born.

Silent night Holy night
Son of God love's pure light
Radiant beams from Thy holy face, was the dawn of redeeming grace.
Jesus Lord, as Thy birth Jesus Lord at Thy birth.

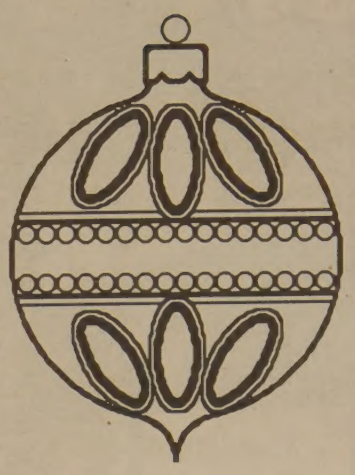
CRNC
CAMPUS RADIO NIAGARA COLLEGE

Happy Holidays
From
CAMPUS ROCK,
CRNC

Season's Greetings

to all our valued
CLIENTS
&
COLLEAGUES
from
The Ventures Division

Merry Christmas
from the staff
at
Newfoundland's Own
Fish & Chips
95 Lincoln St.
Welland, Ont. L3C 5J6
734-3513
Open 7 days-a-week
WE DELIVER



PROFESSIONAL ACADEMY OF
HAIR DESIGN
Salon Services open to the public
10-4 Mon. to Fri.
76 West Main Street
(905) 714-1966

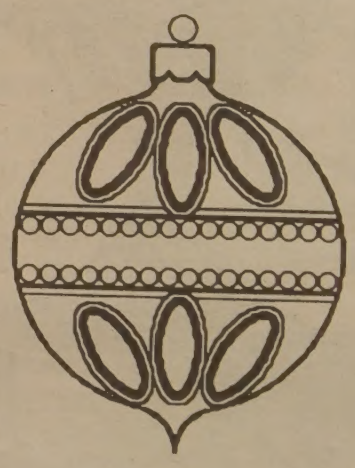
Merry
Christmas
and have a safe and
Happy
New Year
from Kathryn Kealey

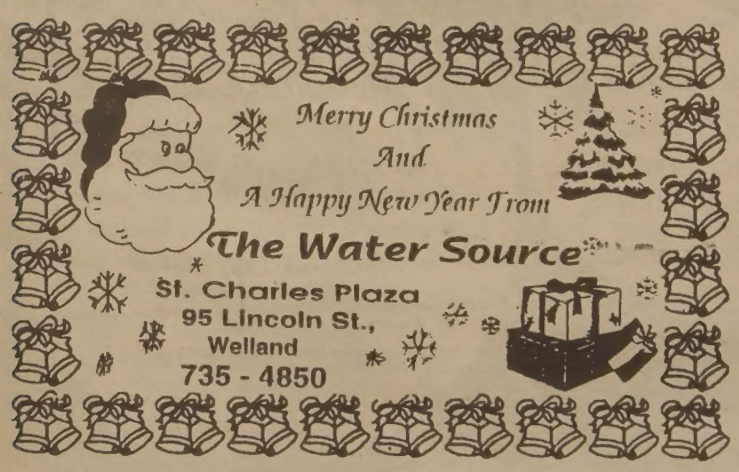
Merry Christmas
and
Happy New Year
from
The Campus Store

Season's Greetings
from the staff at
Homestyle Coin Laundromat, Dry
Cleaners & Video Rental
Give Mom A Great Christmas Present!
Bring Home CLEAN Laundry
95 Lincoln Street, St. Charles Plaza
Welland 735-3242
Expires Jan. 1/97
OPEN
8:30 a.m.
10:30 p.m.
7 days-a-week
Bring in this coupon & get 2nd load of wash FREE!

Merry Christmas
& Happy New Year!

from the First Avenue
PROCRASTINATORS



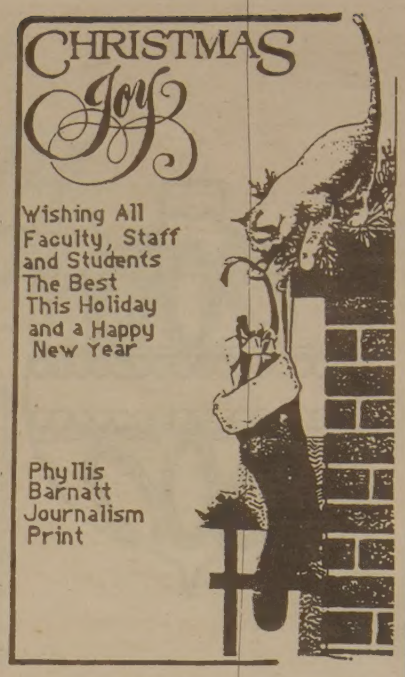


Season's Greetings
and
Best Wishes
for a Healthy Happy
1997
from Health Services

Happy Holidays

from Bonnie Rose,
Vice President of Academics
&
Pat Clay,
Administrative Assistant

We look forward
to seeing you next term
after a nice break!


CHRISTMAS
Joy
Wishing All Faculty, Staff and Students The Best This Holiday and a Happy New Year
Phyllis Barnatt Journalism Print

Christmas 1996

Season's Greetings

from the International Education Dept. and all the international students

Feliz Navidad y
Prospero año nuevo.

Joyeux Noël!
Buon Natale
Gelukkig Kerstfeest en Hoba Ёолцна
สวัสดีปีใหม่
新年賀詞
XPONIA TONNA.
새해 복 많이 받으세요!
PRETTIGE KEERST & GELUKKIG NIEUWJAAR
新年快樂
Szczęśliwego Nowego Roku!

Merry Christmas

from the entire **Information, Computer & Technology Division**

Director ...Leo Tiberi
Divisional Secretary ... Uta Haley
Secretary ... Cathy Taylor

Broadcasting Radio/TV/Film

S. Black (C)
B. Boehlen G. Darling, B. Green, A. Henderson, T. Pagonis, E. Petras, R. Tufts, B. Ashford, K. Audet, C. Jeanneret, B. McCarthy, A. Stevenson, D. Bruzzese, B. Taylor, B. Ashford, M. DellaValle, T. Franklin, J. Ohlman

Interior Design

T. Ellis (C)
R. Patrick, J. Gill, G. Goulty, K. Kovacs

Journalism Print

P. Barnatt (C)
G. Erb, C. Timm, N. Geddie, J. Hubbard, J. Miller, R. Crowley

C/E/E

Computer
M. Csele (C)
Elect. Tchy/ Tchn.
P. Kendrick (C)
Elnc. Tchy/Tchn.
MICROELECT: **G. Swick (C)**
R. Blake, G. Brown, L. Chartrand, J. Clark, R. Furbacher, E. Knebel, J. Kopec, W. McCreadie, G. Rowbottom, J. Tucker, G. Duczmal, D. Gould, B. Holder, J. Bradley, M. Brys, A. Hashmi, L. Novak, T. Stark

Public Relations

N. Geddie (C)
B. Doyle, P. Dugas, P. Dayboll, S. Stunt

Interactive Multimedia

D. Robinson (C)
M. Canham, D. Kurchak K. Smith

Computer Network Operations

T. LaBonte (C)
M. Canham, S. Ellwood, J. Sibbett, S. Waskan

Gaming Machine Repair

J. Barden (C)
J. McCool

Visual & Creative Arts

V. Stacey (C)
K. Cosgrove, J. Thompson T. Hrycusko, R. Busca C. VanKralingen

Computer Programmer

S. Dzakovic (C)
D. Cappellazzo, D. Gilmore, T. Honey, D. Scott, G. Veinot, P. VanScoy

Food for Thought

By CHRISTINE TURMAINE
Staff Writer

A B.L.T pizza? A potato and cheddar pizza? Yes, that's right.

There's a new place in town and pizza is their specialty.

At **Garciolli's Gourmet Italian Pizza Shoppe** in Fonthill, you get quality products at a competitive price.

Owned and operated by Rob and Danielle Begin, the **Garciolli's UPPER CRUST** has about six-and-a-half years of pizza-making experience behind its name.

Two years ago, the couple opened the first **Garciolli's UPPER CRUST** in Niagara-in-the-Lake, and through word-of-mouth it became a raving success. Two months ago, this side of the Niagara Region was introduced to their very unique and exciting pizzas, with a new location in Fonthill.

The **UPPER CRUST'S** most popular menu item is the white pizza. This pizza is made with extra-virgin olive oil, marinated in garlic cloves and a special blend of 13 spices shipped in from Texas. Top this with three different cheeses and presto . . . you've got Garciolli's alternative to regular tomato sauce. The pizza toppings include everything from zucchini and eggplants to real bacon strips and believe it or not . . . peaches and cream corn.

The most exciting item on the menu is certainly the **UPPER CRUST's** Gourmet Signature Series pizzas. If you thought the white pizzas sounded great, these pizzas will blow you away! There are 13 gourmet pizzas to choose from, all for only $14.95. From Cajun chicken and goat cheese to potato and cheddar pizza, you'll never have tasted anything like these before.

But pizzas are not only the main course at Garciolli's. They also offer a variety of award-winning Dessert pizzas. Such flavors as peach with cookie dough crust and mascarpone cheese, brownie delight, peanut butter-banana split and other mouth-watering favorites are made to order for you.

Other items on the menu include Jumbo-style buffalo chicken wings, hot and cold sandwiches and much more.

The **UPPER CRUST** is not your average pizza place in any way. Not only do they have take-out, but they also have a restaurant area, a quaint seating area with booths and tables for your dining enjoyment.

They have a $4.99 lunch buffet from Monday to Saturday and a $7.99 dinner buffet on the same nights. On Sundays, they also have a $5.99 breakfast buffet.

Christmas is a great time to introduce others to gourmet pizza from the **UPPER CRUST**. Why? Because in doing so, everyone benefits.

The **UPPER CRUST** has gift certificates and with each denomination you buy, you (the purchaser) receive a free white pizza. When purchasing a $10 gift certificate, you receive a free four-slice white pizza. Upon purchasing a $20 gift certificate, you receive a free eight-slice white pizza . . . and so on.

The **UPPER CRUST** uses nothing but the best high-end ingredients and prides itself on product consistency and quality. At Garciolli's, you get your money's worth.

The customers are loyal and the awards they've won are a true compliment to their hard work.

Come down to the **UPPER CRUST** where quality makes all the difference in the world.

Garciolli's UPPER CRUST Inc.
Gourmet Pizza Shoppes
Where Quality Makes all the Difference in the World
892-1700
1161 Pelham St., Fonthill

Big Rick's
On Toonie & 2 Bit Tuesdays! you could WIN your winter '97 tuition or a Vermont style weekend.
IF YOU HAVEN'T BEEN BUCKED ON A TUESDAY NIGHT, YOU HAVEN'T BEEN BUCKED AT ALL!
30 ONTARIO ST. (corner of King & William) St. Catharines. 685-7188
"NO SUCKS AT BUCKS"

Happy Ha Ho!
BIG Food, BIG Fun for the BIG Fat Man!
Your Home for the Holiday Season!
M.T. Bellies TAP & GRILLHOUSE
871 Niagara St., Welland
788-9474

Red Onion EATERY & BAR
'Mediteranean Cuisine'
260 Lake Street St.
Catharines, Ont.
L2R 5Z3
Phone: (905)704-0488
Buy 1 entree and get the 2nd at 1/2 price, when presenting coupon
Fax: (905)687-8103

THE PEPPER POT
Value $ Three Dollars
$3.00
One coupon per table will be honoured Coupons valid on regular menu items only and cannot be used in conjunction with any other coupons. Upon presentation your bill will be reduced by $3.00 on a purchase of $15.00 or more
THE PEPPER POT
Your Neighbourhood PUB & EATERY
800 Niagara Street, Welland, Ontario
(905) 735-2600
DISCOUNT COUPON

• Pizza • Pasta • Ribs • Tex-Mex • Wings
Mick & Angelo's eatery and bar
7600 Lundy's Lane (at Montrose) Niagara Falls, Ontario L2H 1H1
(905) 357-6543

NOW OPEN!
Upper Crust Inc. Gourmet Pizza Shoppes
Where Quality Makes all the Difference in the World
1161 Pelham St., Fonthill
(beside Fonthill Mazda)
Specializing in Gourmet, White & Traditional Pizzas
892-1700
Open Mon. 4 a.m.-10 p.m.,
Tues. Wed. & Thurs. 11a.m.-10 p.m.
Fri. 11 a.m.-Midnight,
Sat. 4 p.m.-Midnight,
Closed Sunday

ENTERTAINMENT

X-rated performers express themselves

By JEFF GARRETT
Staff Writer

Enter with discretion for X-rated comedy.

Two X-rated comics performed at Niagara College's After Hours to a full crowd on Nov. 28.

The first performer of the night was B.J. Woodbury, of Ottawa.

The 35-year-old comedian has been doing comedy for nine years. He said he started comedy because "a friend dared me."

"My mentors were Gary David, Wayne Flemming, and Ken Robinson, so I've always been doing X-rated comedy."

Woodbury has been to the college twice before.

"I like performing here. Last time I was here the audience responded well, and that makes it a good show. The people at Niagara are take-no-s*** people.

"I don't care if they're students or not, I treat everybody equal."

Woodbury said he's "very honest" on stage, and "I let my innermost feelings get dumped out on stage.

"I do three types of shows. First, I start with a clean show. Then I work my way up to a semi-dirty show, and then I just get down and dirty.

"I never do religious, ethnic or race comedy."

Ken Robinson, 38, of Toronto was the headliner of the night.

Robinson has been doing comedy for 20 years.

"I've wasted my entire youthful life," he said.

"I wanted to be an actor, but at the time I lived in Winnipeg and there wasn't any auditions for black actors. I discovered Richard Pryor, and he became my inspiration."

'...I work my way up to a semi-dirty show, and then I get down and dirty.' -Robinson

Robinson has been banned from 15 universities, but said "I've still been considered one of the best comics.

"I don't consider my work X-rated. I'm not the only comic that swears or uses descriptive language, but I'll admit it's maybe a bit more graphic."

Robinson has performed at After Hours three times previous to Nov. 28. "I like performing here.

"I've always been doing this type of comedy, but as the years went by I just got better at it.

"Unless I get a break, I'll continue to do comedy because I like my job. There's good days and bad days, but it's a good business.

"Currently in Toronto I'm working with Ronnie Edwards, and Taryn Della on an all-black comedy show. We sell out every time, and we get celebrities like Will Smith coming in to see us. It's great."

Robinson will be performing at Yuk Yuk's in Niagara Falls on Dec. 8.

Ken Robinson, of Toronto, was one of the funny men that awed After Hours.
Photo by Jeff Garrett

Blues singer gets red-hot in Port Colborne

By DEBRA BRIGHT
Staff Writer

Double your pleasure, double your fun, when a musician and photographer; join as one.

That was the billing at Joe's Place in Port Colborne, the weekend of Nov. 22.

Blues performer Morgan Davis, sang the Blues, while Blues photographer Eddy B; displayed a portion of his work.

Selected as Canadian Blues Artist of the Year, Davis sings such favorites as *Dust My Broom* by Elmore James and *Canned Heat Blues*, which is a Tommy Johnson song.

Davis was selected as Canadian Blues Artist of the Year

Why'd You Lie, which is sung by Colin James, is written and performed by Davis.

Another of Davis' original songs is *What You See Is What You Get.*

Davis also likes to do a lot of Robert Johnson and Howlin Wolf material.

In between sets, patrons at Joe's Place could browse through the black and white photographs displayed by Eddy B.

Eddy B's career began in 1969 and some of the Blues artists captured by his camera include James Cotton, Buddy Guy, Howlin Wolf, Muddy Waters and B.B. King.

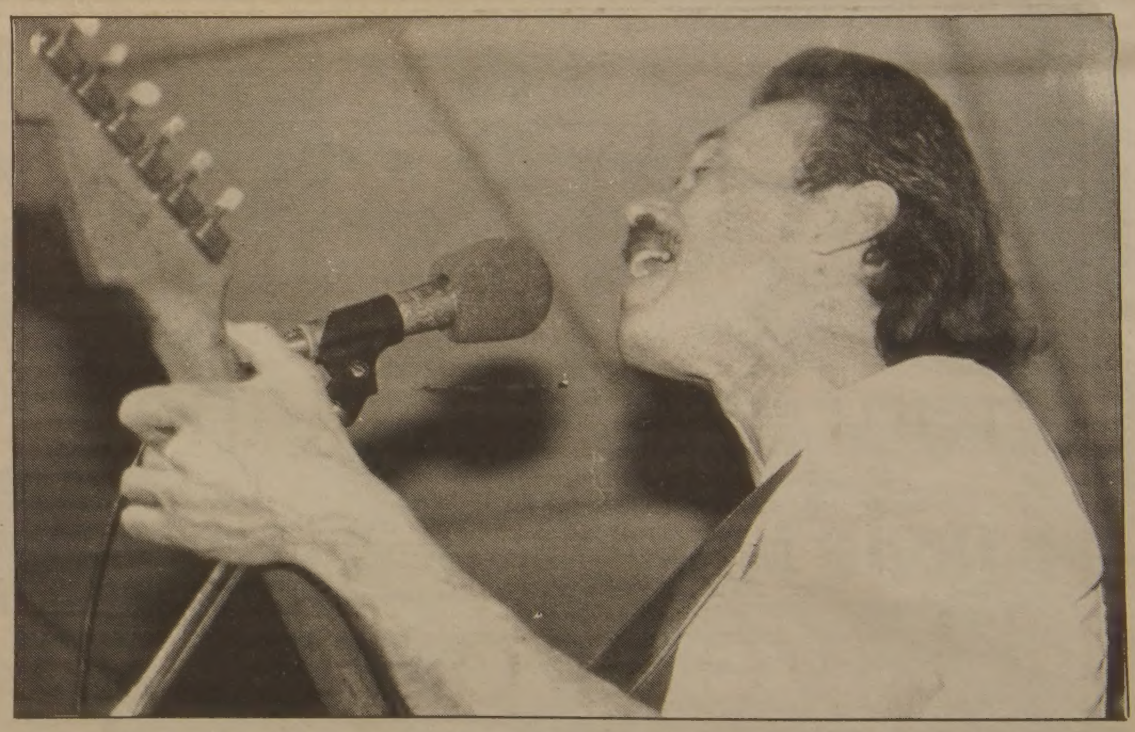
Besides doing photography, Eddy B is the host of an R&B radio show in Toronto.

The show is called Eddy's Place and it is aired on 89.5 FM, on Thursdays between 8 p.m. and 10 p.m.

Eddy B generously offered the following advice for aspiring photographers.

He said to move around, shoot from different angles, use your body as a tripod, play with lighting and try to capture expressions.

As the weekend came to a close, so did Joe's Place. Slow business during the last three months was cited as the reason for the place closing.



Blues performer Morgan Davis moves the crowd at Joe's Place in Port Colborne.
Photo by Debra Bright

Us and Wilbur are lost but should be found

By ADAM KIESWETTER
Staff Writer

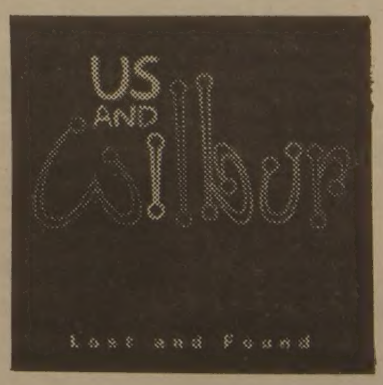
These guys sound like they're probably a friendly bunch of guys.

With their rich and instrumentally diverse spring-loaded sound, Guelph trio Us and Wilbur have produced a humble, harmonic sound with its first independent album **Lost and Found.**

The fun-loving feel of this disk represents a treasure trove of talent, and although that may seem a tad lavish compliment, it can't be denied.

This band not only frolics with the fanciful sound of a whole lot of different instruments, (including a busy tambourine, a hokey accordion and swoony pianos — in addition to all the normal rock'n roll gear) but they do it well and on a down-to-earth level.

Although a lot of the songs on **Lost and Found** might yet lack the punch it takes to break into the almighty mainstream, that's part of its charm. You can relate to these songs. They're not distraught or darkly self-righteous. They may not be as disgustingly happy as say, Moxy Fruvous, they're as bright and sparkly as a storefront Christmas tree, while maintaining that subtle, whimsical somberness, essential for the success of any currently popular band.



The lyrics aren't overly complex, but make no mistake, with dorky ditties like *My Only Smile* or sweet songs like *Swimming In My Head* and *Vegetarian*, the wit is there.

Let's put it this way: if the BareNaked Ladies put away their plaid, woke up with dead pets, and stopped eating Frosted Flakes in the morning, maybe they'd accomplish the well-rounded sound and feel of Us and Wilbur and **Lost and Found.**

Sagittarius — curl up with a good book and relax

BY PENNI TONEGUZZO
and KERI-LYNN SMITH
Staff Writers

Here are your horoscopes for the weekend of Dec. 6 to 8.

Sagittarius (Nov. 22-Dec. 21)

Your emotions are running wild, so don't blow things out of proportion. Curl up with a good book and relax. Lucky numbers: 16, 45

Capricorn (Dec. 22-Jan. 19)

Be creative this weekend and someone you love will admire you. The nightlife is on your side, so go party. Lucky numbers: 20, 56

Aquarius (Jan. 20-Feb. 18)

Your self-esteem seems to be low this week. Don't let others knock you down. Be proud of who and what you are. Lucky numbers: 4, 17

Pisces (Feb. 19-March 20)

Your aura seems to be very strong lately. The power is yours, so use it wisely. Lucky numbers: 19, 21

Aries (March 21-April 19)

Stop worrying so much. Your stress level is very high. Visit an old friend and go see a movie. Lucky numbers: 6, 73

Taurus (April 20-May 20)

Your rude comments seem to be getting you into trouble. Think before you speak or you may ruin a friendship. Lucky numbers: 15, 39

Gemini (May 21-June 21)

You've been feeling a little low these days, and your friends have noticed. They can't read your mind though, so if you need a shoulder you'd better pipe up. Lucky numbers: 8, 12

Cancer (June 22-July 22)

Make sure you're making decisions for you. You've got to make yourself happy before you can please anyone else. Lucky numbers: 3, 35

Leo (July 23-Aug. 22)

Don't be foolhardy with your money over the holidays. High prices don't always mean high quality. Comparison shop. Lucky numbers: 4, 62

Virgo (Aug. 23-Sept. 22)

Not in the spirit of the season? Start a new holiday tradition with loved ones. The possibilities are endless. Lucky numbers: 6, 23

Libra (Sept. 23-Oct. 22)

Have fun, but try to avoid excesses over the holiday. Your body will thank you for it. Lucky numbers: 11, 60

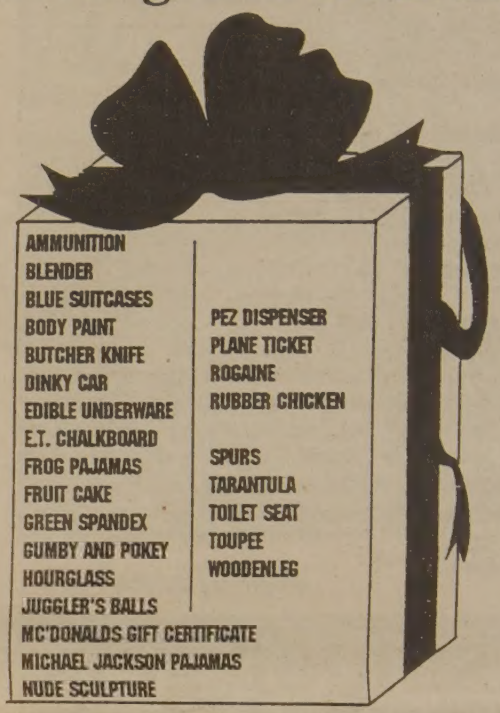
Scorpio (Oct. 23-Nov. 21)

Avoid making half-hearted promises, even when you feel pressured. You have the right to say no. Lucky numbers: 18, 34

Unusual Christmas gifts Niagara students have gotten from Santa

BY PENNI TONEGUZZO

W	O	O	D	E	N	L	E	G	H	R	L	Y	A	V	S	N	D	A	E	P	O	T	E	C
A	F	J	K	M	R	U	T	S	Z	Q	A	E	M	I	K	H	E	E	P	U	O	T	A	H
M	S	H	B	G	U	M	B	Y	A	N	D	P	O	K	E	Y	S	O	U	Q	A	V	H	I
S	N	D	L	P	S	W	V	X	T	B	F	D	J	G	N	L	P	T	R	C	W	D	O	B
A	O	Q	C	T	E	K	C	I	T	E	N	A	L	P	F	J	T	I	I	X	E	P	U	G
M	M	I	B	U	T	C	H	E	R	K	N	I	F	E	G	A	H	F	C	B	E	O	R	Z
A	F	M	L	E	A	K	R	S	D	P	Q	I	T	J	E	K	I	Z	Y	Z	N	Y	G	J
J	U	J	U	G	G	L	E	R	S	B	A	L	L	S	L	T	A	S	D	U	T	M	L	D
A	H	G	E	N	D	C	B	C	G	O	U	F	T	M	R	P	A	I	V	K	E	X	A	R
P	G	V	S	Y	I	M	L	B	V	E	X	E	N	E	O	M	S	R	S	W	K	P	S	K
N	R	I	U	E	D	T	A	N	Y	W	L	R	C	Q	A	P	V	D	A	L	A	E	S	P
O	E	W	I	T	R	C	I	Z	H	I	V	T	W	J	E	A	N	O	Q	N	C	Q	O	F
S	E	T	T	B	F	Z	G	O	O	U	F	S	A	N	L	Q	C	W	P	Z	T	N	L	T
K	N	X	C	K	Q	J	S	T	N	I	X	P	S	R	U	Y	B	R	A	E	I	U	M	N
C	S	J	A	H	I	A	H	Y	G	T	G	E	V	Z	D	M	W	F	X	T	U	Q	L	I
A	P	P	S	N	A	S	Z	S	A	O	R	O	G	A	I	N	E	U	S	I	R	U	T	A
J	A	K	E	L	R	L	D	B	R	X	S	J	K	I	Y	H	V	G	X	W	F	S	R	P
L	N	O	S	U	E	L	K	F	N	R	R	U	B	B	E	R	C	H	I	C	K	E	N	Y
E	D	M	P	F	A	D	C	B	Q	P	K	Z	A	H	D	I	R	A	C	Y	K	N	I	D
A	E	S	G	N	J	G	K	T	O	W	C	X	G	Y	J	W	Y	V	O	T	Z	C	Q	O
H	X	H	O	I	H	M	V	L	U	A	L	B	F	E	N	X	M	A	U	B	P	R	S	B
C	E	D	I	B	L	E	U	N	D	E	R	W	E	A	R	D	Y	J	Z	N	T	O	U	P
I	C	D	F	A	G	B	H	C	I	N	U	D	E	S	C	U	L	P	T	U	R	E	D	S
M	E	B	L	E	N	D	E	R	J	H	L	G	K	F	X	M	B	V	A	R	C	W	E	Q



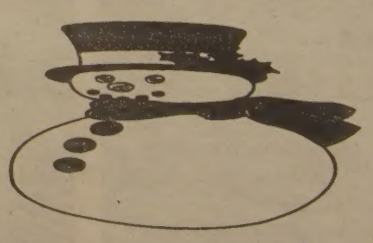
Happy Holidays

from the Staff of the Student Centre

Have a great 1997

HAVE A SAFE AND HAPPY HOLIDAY FROM

S.A.C.



Look for our all new menu next semester

JUSTICE

Former student returns to region

Const. Eddie with PSD Thunder.

Photo by Janice Poole

Photography instructor Carole Timm took time to visit when the pair came to the college on Nov. 12.

Photo by Penni Toneguzzo

By JANICE POOLE
Staff Writer

After being in the Law and Security Administration (LASA) program at Niagara College 11 years ago, Constable Yancy Eddie has returned to Niagara Region for a 13-week training course with the Niagara Regional Police Service (NRPS) Canine Unit.

In his first year of LASA, Eddie was hired by the Peel Regional Police Service (PRPS) in January 1986 at 19 years of age, but chose to finish the term before joining them.

While attending Niagara College, he was on the president's honor roll both semesters and a Student Administrative Council representative.

"I had a great time," said Eddie. "My teachers were really good."

'Thunder is one in a million.'
—Sgt. Wright

In order to complete his education, Eddie took night school classes at the Woodbine campus of Humber College and at the Brantford campus of Mohawk College.

After five years with the PRPS, he joined the Brantford City Police Service for about five years before joining the Haldimand-Norfolk Regional Police Service (HNRPS) in November 1995.

Eddie joined the HNRPS Canine Unit in September 1996. He and Constable Dan Taylor are the first and only two officers on the Canine Unit for the region.

"There are a lot of hurdles to jump to set up something like this," said Eddie. "I'm ecstatic that I'm doing it."

Eddie said he's "seeing a lifelong goal being achieved" by being a member of the Canine Unit.

The Simcoe Foundation funded the $4,600 cost of Police Service Dog (PSD) Thunder. Eddie said the Simcoe Animal Hospital "volunteered their services" when the HNRPS Canine Unit was started.

He trains with PSD Thunder at the former Eden Christian College in Niagara-on-the-Lake.

PSD Thunder is an 18-month-old German shepherd from Hungary weighing 85 pounds.

Eddie stays during the week, but returns home every weekend.

"The toughest part is being away from my kids," said Eddie.

'It's a really, nice tight unit — It's like a family.'
—Const. Eddie

'I'm ecstatic I'm doing it.'
—Const. Eddie

Married six years, Eddie has two daughters — Taylor, 4, and Page, 2. His wife Michele is a firearms acquisition certificate officer for the HNRPS.

Eddie said weekends are spent "with the kids, playing with the dogs, going for walks, teaching karate and basic family stuff."

He said he reads articles about karate, newspaper articles that catch his eye and Dr. Suess, "particularily *Green Eggs and Ham*."

Being a former disc jockey, Eddie said his musical tastes range "from rock to bluegrass to country to alternative, but anything before 1950 would be out."

He originates from Quebec but has lived across the country. Eddie said as a kid, he had a Big Brother who was a police officer in the Royal Canadian Mounted Police.

As an officer, he has worked in many areas but said the Canine Unit "interests" him the most.

About his training here with Sergeant Bob Wright, Eddie said "He breaks everything down to a simple task. It's a really nice, tight unit — it's like a family."

Also in training are Constable Dave Meade and Constable Gord Nash of the NRPS Canine Unit, who Eddie went to Ontario Police College with.

"Everybody helps everybody else out," said Eddie. "All the dogs are really well-suited to their handlers."

As with any job,there are downfalls.

Eddie said his worst experience as an officer was after a plane crashed.

"All police officers don't like dealing with death but unfortunately, it's part of the job," said Eddie.

On the lighter side, he said "the best part is catching the bad guys. Not that I'd encourage it, but I especially enjoy a good foot chase."

"I'm looking forward to graduating," said Eddie. The Canine Unit graduation ceremony will be held on Dec. 12 at 11 Division in St. Catharines.

"Yancy is a real perfectionist," said Wright. "He wants to excel, gives it his all and is an excellent student."

Wright said PSD Thunder is "incredibly calm but does everything required. Thunder is one in a million."

About his future, Eddie said if given the opportunity, he "would stay with the Canine Unit and hopefully still be working with Thunder."

Sgt. Wright seen here with PSD Thunder and Const. Eddie in the chase and stand-off exercise during training.

Photo by Janice Poole

Const. Eddie and PSD Thunder pose with Const. Dan Taylor and PSD Argo. They represent the first and only members of the HNRPS Canine Unit.

Photo by Janice Poole

NIAGARA COLLEGE
of Applied Arts and Technology
WELLAND CAMPUS

JUSTICE

The Wright man - one of Niagara's finest

By JANICE POOLE
Staff Writer

The waiting is over.

Acting sergeant Bob Wright of the Niagara Regional Police Service (NRPS) Canine Unit was promoted to rank of sergeant at the Police Services Board meeting on Nov. 14.

"Obviously I'm really glad," said Wright. "To be in the top eight of 168 people I have tremendous respect for is quite a compliment."

Wright's was one of the eight names presented by Chief of Police J. Grant Waddell to the Police Services Board for consideration.

'Every year there are new challenges, new pressures and things changing.' —Sgt. Wright

Wright has been with the NRPS for 13 years. He worked in Niagara Falls doing uniform patrol for four years and was a member of the Emergency Task Unit before joining the NRPS Canine Unit in 1988.

As an original member of the Canine Unit, Wright handled the only female Police Service Dog (PSD), PSD Lee, until she died of cancer last year.

Sgt. Wright is an original member of the Canine Unit

For the past two years Wright has handled PSD Grief, a six-year-old German shepherd from Holland. "I'm really happy with him," said Wright.

He became the Canine Unit trainer in 1990 when the unit was small, consisting of four members.

Wright said when the unit became five then six members, it became necessary to have their "own level of supervision."

'To be in the top eight of 168 people ... is quite a compliment.' —Sgt. Wright

He became acting sergeant in 1994.

"There are various management theories on whether a leader should have a dog," said Wright. "Even being a dog trainer you lose touch with what's happening out there.

Every year there are new challenges, new pressures and things changing."

Sgt. Wright with PSD Grief.

Photo by Janice Poole

CRIME STOPPERS OF NIAGARA

Jewelry store robbery

A theft of men's diamond rings a few weeks ago resulted in a loss of thousands for a local shop.

On Oct. 19, an unknown male reached across a display counter at Kevo Jewellers in the Pen Centre in St. Catharines.

He grabbed three cases of rings at about 1:15 p.m. while staff members were attending customers.

The thief is described as a white male, early 20s, about six feet tall, weighing 200 pounds and having dark-brown hair and goatee.

He was wearing a green Adidas jacket and baggy jeans. The two males accompanying the suspect appeared to be in their 20s.

The blue display case contained 31 men's rings of 10-karat to 14-karat gold with diamond settings.

Some rings are worth $2,500 each. The total value taken was about $18,000.

If you have any information regarding this theft or suspect(s) who may be attempting to sell these rings, call Crime Stoppers at 1-800-263-8477 or 1-800-222-TIPS to be eligible for a cash award up to $1,000.

In all cases, you will not have to reveal your identity.

Fraud

Crime Stoppers and Niagara Regional Police detectives are asking the public's assistance to help solve a recent fraud.

During the early part of October, several Niagara Falls residents reported being approached by a middle-aged couple seeking money for their Persian rug venture.

Unsuspecting local residents were advised that the rugs were waiting at customs but they needed money quickly in order to get the goods.

One victim was taken for some money while another individual became suspicious and contacted police prior to any transaction.

Investigators are looking for a middle-aged pair in their 40s. The woman is described as being five feet five inches tall, having short brown hair.

The man is described as being five feet eight inches tall with short brown hair, having a dark complexion and a thin mustache.

The couple is known to speak several languages including German, Polish, Hungarian and Italian. They were last seen driving a plain white, late-model van with New York licence plates.

If you have any information regarding this fraud or any other crime, call Crime Stoppers at 1-800-263-8477 or 1-800-222-TIPS to be eligible for a cash award up to $1,000.

Niagara's man on the move

By JANICE POOLE
Staff Writer

The Niagara Regional Police Service promoted four veteran police officers to the rank of inspector.

One is Bob Cuipa, a 20-year veteran promoted from rank of sergeant, who has worked across the region. He becomes the executive officer to the Chief of Police, J. Grant Waddell.

"I'm honored by the trust the Chief of Police, Police Services Board and the community have placed in me," said Cuipa. "I'm really excited about the challenges I'll be facing in my new position."

Cuipa was Niagara's first information and privacy officer and held a two-year term as the NRPS's first public affairs/media relations officer.

'I particularly miss helping my community ...' —Insp. Cuipa

He held uniform assignments in St. Catharines, Welland, Niagara Falls and Fort Erie and was a detective in Niagara Falls, St. Catharines, Welland and Thorold.

Cuipa spent time on the Emergency Task Unit as officer in charge of planning and research.

"I particularily miss helping my community in a hands-on fashion, solving human problems on a day-to-day basis," said Cuipa.

He was commended for heroism by the province of Ontario in 1980 and was awarded the Canada 125 Commemorative Medal in 1992.

"It never ceases to amaze me the quality of the people that I've been privileged to work with throughout my career and the level of service they offer to the Niagara public," said Cuipa.

Insp. Cuipa takes time out for a photo at 11 Division in St. Catharines.

Photo by Janice Poole

He was the recipient of the Chief of Police Special Award in June of 1996 for his community involvement.

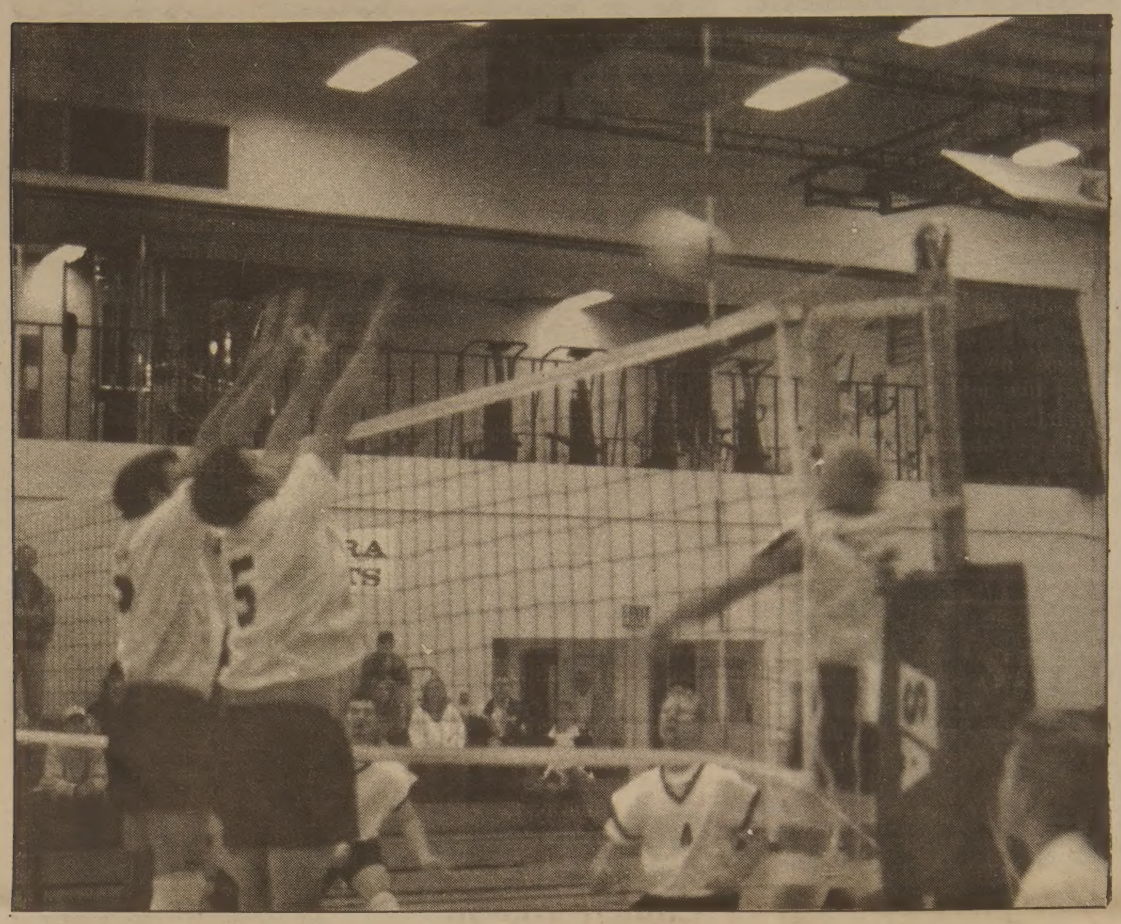
Cuipa is a graduate of McMaster University's police administration certificate program and has a bachelor of arts degree in administration from Brock University.

He holds a professional designation as a certified administrative manager and is studying for a master's degree at the State University of New York.

"I'm exposed to a broad variety of policing issues on a larger scale and as a result, I'm able to make use of my education, my training and my conceptual skills to benefit the people I work with," said Cuipa.

THE SPORTS CORNER

Men's volleyball ranked 14th in Canadian poll



Niagara College team captain Pat Deschambeault spikes the ball for a Knight point.
Photo by Randy Syer

Knights steamroll Redeemer

By RANDY SYER
Staff Writer

They're off and running. Running away with the competition that is.

The Niagara College men's volleyball team is ranked 14th in the Canadian Collegiate Athletic Association's most recent poll.

The team has a 3-0 record, defeating Redeemer College of Ancaster on Nov. 30.

The Knights wasted no time with the visiting Royals, beating them 15-8, 15-2, 15-4.

"We didn't play half as well as we could have," said head coach Blair Cudmore. "We made some little errors."

Cudmore said in the first game Redeemer earned only one of their eight points.

On the offense, Niagara scored 41 offensive points to 16 including 30 kills to nine.

Ranked 14th Canadian Collegiate Athletic Association

Cudmore said he wants the team to play harder by "going in and beating up another team."

"We need a killer instinct, kind of like the Dallas Cowboys," said Cudmore.

'I was really impressed with our defensive effort,' -head coach Blair Cudmore

Player of the game for Niagara was team captain Pat Deshambeault with his team leading 10 kills for 11 points. The other top Niagara scorers were Kirby Bentley and Paul Clark with eight points, while Chris Wiarsma added six points.

"I was really impressed with our defensive effort," said Cudmore. "We didn't let up.

"We will need an impressive result to rank any higher than we are."

Cudmore said he is disappointed with the fan support at Niagara considering the volleyball team is nationally ranked.

"Although we are nationally ranked we still have a lot of progressing to do."

Niagara's next game at home is against Humber College from Etobicoke on Jan. 9.

Manie Roy top scorer for women's team

BY PENNI TONEGUZZO
Staff Writer

The Niagara College women's basketball team is gearing up for the Christmas break.

Niagara defeated George Brown College of Toronto by two points on Nov. 22.

Manie Roy was the top scorer with 23 points. Andrea Flindall added 14 points, Stephanie Lawson, nine, Stephanie Kranjec, six, Michelle Pring, three, and Ingrid Wells added two points.

At the half, Niagara was ahead 33-18.

Niagara's Pring fouled out late in the game.

With 3.7 seconds left in the game and Niagara losing by three points, Flindall shot a three-pointer to tie the game 55-55, while drawing a foul.

The basket counted and Flindall was at the free throw line for two shots. She made both baskets and Niagara won 57-55.

Flindall was chosen as player of the game and Roy was named the high scorer of the game.

On Nov. 29, the women's basketball team defeated Niagara County Community College of Buffalo, N.Y., 47-42 in an exhibition game.

Roy, once again, was the top scorer with 21 points and was named player of the game. Lawson added 10 points, Flindall, eight, and Pring and Kranjec added four points each.

In the first seven minutes of the game, the teams were tied at 6.

When the first half ended, Niagara County Community College took a shot when the buzzer went off. The basket counted and Niagara was down 24-26.

In the second half, Niagara played good defence causing the 30-second shot clock for the other team to run out.

With seven minutes left, the Knights were ahead by four points and by the end of the game, Niagara won by five points.

Niagara's next game is tonight at 7 p.m., when they take on Medaille College from Buffalo.

Let's not be afraid to show our support

By RANDY SYER
Staff Writer

Catch the new hype in Niagara College athletics.

In case you haven't heard, the men's volleyball team is ranked 14th nationally and climbing.

Although the team has jumped out to a 3-0 start, the lack of fan support has made me ponder the question, why?

How can anybody not like a sport that involves power, finesse, endurance and mental toughness.

It's fun to watch the beauty of a over-powering spike or the volley that sets up the spike.

It's a game that plays with the angles and mind as much as it does athletic ability.

Sure you may be skeptical about volleyball, but you probably haven't given the game a chance.

The scoring is unorthodox and the play is very quick.

Volleyball doesn't get much publicity in the world of sports because it is overshadowed by the professional ranks, but it is an up-and-coming sport.

Sure Niagara College doesn't play at the Olympic level, but it certainly is worth the $2 admission cost to watch.

The men have their eyes set on a national championship — something that has eluded Niagara College varsity athletics for 16 years.

So come out and cheer on our Niagara men's volleyball team as they seek to become No. 1 across the country.

Men's basketball drop second straight game to Fanshawe

By RANDY SYER
Staff Writer

It was close but no win for the Niagara College men's basketball team.

The Knights travelled to London on Dec. 4 to play against the Fanshawe College Falcons losing 79-78.

"It was a close game throughout," said head coach Randy Conlon. "Nobody made any big runs. It was always back and forth."

The game was deadlocked at 44 by halftime.

Conlon said they couldn't do two things at once, providing offense in the first half and better defense in the second half while "drying up."

Niagara was behind by one, 74-73, when a Fanshawe player hit a three-pointer.

"The three-pointer put us down by four and we never could take the lead from there," said Conlon.

The leading scorer for Niagara was Mike Harris who netted 26 points. Other top scorers were Mike Hurley with 13, Steve Dever who sunk 12, and Andy Medhurst who added 11 points.

The game was deadlock at 44 by halftime.

"We need more scoring from our big men," said Conlon. "(Jeff) Eden has to come and play every night."

Conlon said he wasn't blaming the loss on Eden but it's something they simply have to work on.

"Eden is one of the most athletic players I've ever coached. If he played in games like he

does in practice, he would dominate."

The Knights are 0-2 with 10 games left.

"You can use any cliche you want," said Conlon. "We're in a hole and we have to win eight or nine out of 10 games to make the playoffs. We have to dig ourselves out."

Conlon said if there is a positive out of this game was it Niagara's free throw shooting they made 15 of 19.

Niagara's next home game is in the new term on Jan. 24 when the Knights face Mohawk College from Hamilton.

THE SPORTS CORNER

'Defense needs work,' says volleyball coach

Women's volleyball team loses third game; season will resume in January

By RANDY SYER
Staff Writer

The Niagara women's volleyball team dropped its third straight match on Nov. 30.

Niagara lost to Redeemer College of Ancaster 15-11, 13-15, 15-11 and 15-3.

Offensively, the Knights outshot Redeemer 50 to 35.

"We outplayed them offensively," said head coach Carolyn Schatz.

'We outplayed them offensively,' -Schatz

"It's our defense that needs work"

The Knights were lead by Laura Chatteron, team captain and player of the game. She had nine kills, three blocks and one ace for 13 points.

Other Niagara offense was provided by Meredith Sharpe who had seven kills for 11 points, while Karen Kennedy served up two aces for nine points. Jesse Kelly scored eight points including three aces, and Cindy Emery added eight points.

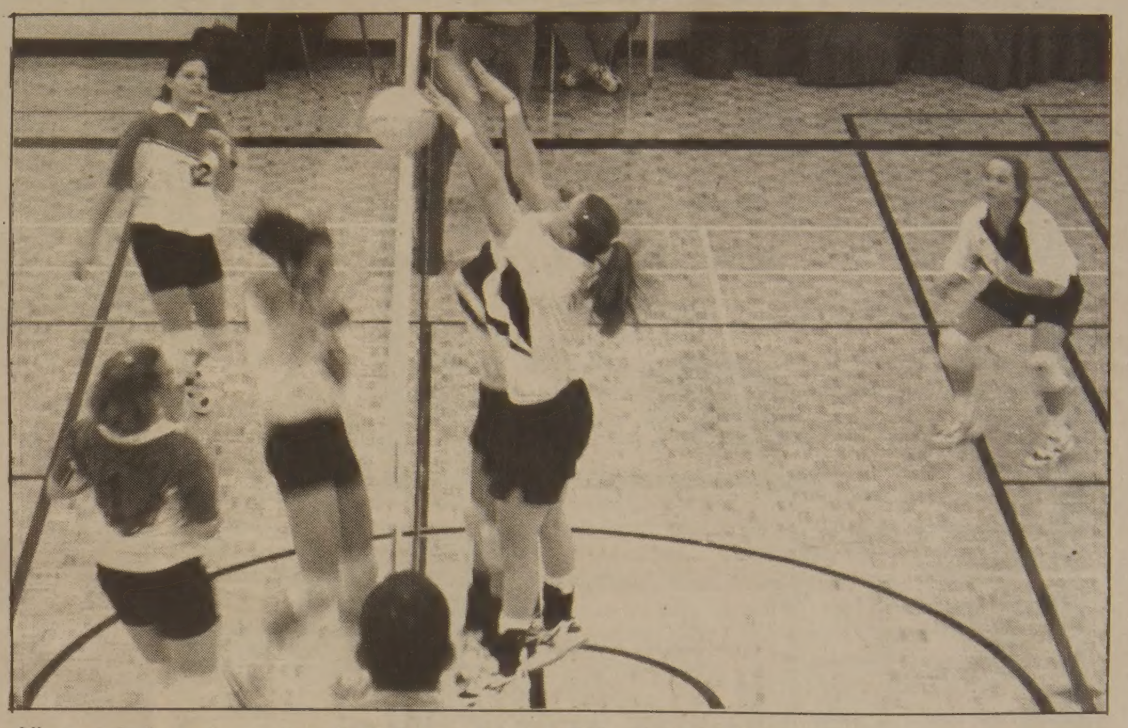
"We're still trying to find a groove" said Schatz. "But we could've played better."

'We're still trying to find a groove,' said Schatz. 'But we could've played better.'

Schatz said Chatteron was just coming off a mild shoulder injury and the team was still trying to gel as a unit.

"It's more of a question of the girls wanting to win more."

The women's volleyball team is done its regular season for this term. They will play their first game at home on Jan. 10 against Sheridan College of Oakville.



Niagara College women's volleyball team takes a defensive stand.

Photo by Randy Syer

Knights hosted Lambton

Niagara Knights lose to Lambton College 105-90

By RANDY SYER
Staff Writer

The home woes continue for the Niagara College men's basketball team.

The Knights hosted Lambton College from Sarnia and lost 105-90 on Nov. 29.

Niagara started off hot building an 18-point lead before letting Lambton climb back into the game coming within two points of Niagara at the half.

"We don't have the killer instinct. I have a team that doesn't know how to win," said head coach Randy Conlon.

"They don't know how to put teams away, that game should've been over at half time."

Conlon said Niagara should have been up 26 points at half time and the Lambton game was a "good reality check" for the team.

A highlight for Niagara was the return of all-star guard Mike Hurley, who scored 20 points, including three three-pointers.

"To 99 per cent of the players on the team it's a good thing," said Conlon. "How can't it be, he's a great player."

Conlon said Hurley will make players like Mike Harris better because the opposition will concentrate on Hurley more.

Niagara made a stretch drive late in the second half bringing the game back to a 97-90 Lambton lead.

Conlon said although Lambton "hit some key shots," Niagara must work harder on defense.

"We have to work so hard in practice that these guys are hanging out the doors puking. They should be complaining and hating me."

'We have to work so hard in practice that these guys are hanging out the doors puking.' -Randy Conlon

Harris provided a spark for the Knights with 18 points before fouling out. Jeff Eden scored 16 points.

"We're slow off the dribble and that's where they killed us," said Conlon.

He said the team must learn how to play as a team.

"Some players should realize basketball is a team sport. This team is too talented to be losing 105-90."

Women's soccer recruiting

By RANDY SYER
Staff Writer

Niagara College's women's indoor soccer team looking for recruits.

The team needs more soccer players for the varsity team.

Coaches are hoping for players with indoor soccer or high school playing experience.

For more information, call Ray Sarkis, the college's athletic co-ordinator at the Mackenzie Building, Ext. 7583.

NEWFOUNDLAND'S OWN

FISH & CHIPS

A traditional recipe with a taste like no other."

A whole new experience in Fish and Chips!"

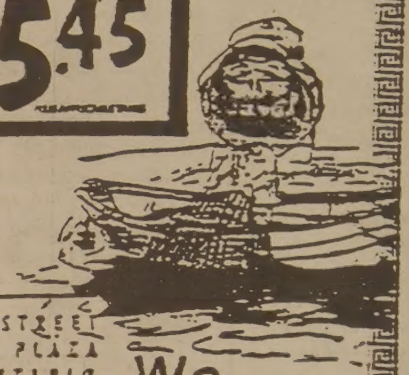
Daily Lunch Special

REGULAR FISH & CHIPS

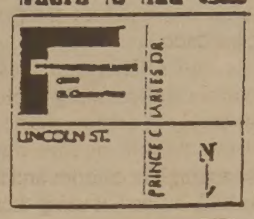
(1pc. Fish) & POP

Mon-Fri 11am-2pm

$5.45



Where to find us...



95 LINCOLN STREET
ST. CHARLES PLAZA
WELLAND, ONTARIO

We Deliver

734-3513

Happy New Year

PERFORMANCE TRANSMISSIONS

463 Eastchester #17
St. Catharines Ontario
Call: (905) 641-5778
Open: 10 a.m. to 7 p.m.

"Over 75 Brands of Speed Parts"

- Complete street/strip Engines & Installations
- Racing Torque-converter service
- Street/strip chassis & car set-up!!
- Tune-ups • Brakes
- Quality Service

FREE TOWING

Merry Christmas

PEAKS
(905) 988-5651
630 Welland Ave.
St. Catharines

INDOOR ROCK CLIMBING

BEGINNER LESSON $25
INTRODUCTORY
3 MONTH MEMBERSHIP $59.99
(Includes: Beginner lesson and harness rental)
Offer expires March 7/97... Prices do not include GST

ROCK YOUR WORLD!

SWEE TREATS Café

732-0026

Jumbo Video Plaza
Niagara Street Welland

Presents

Astrologer

Martin Berzins

On Friday the 13th at 8:00 p.m.
& it's FREE

More than one dozen different coffees from around the world.

More than 16 teas and herbal teas.
More than 16 flavours of Milk Shakes.
Cheescake by the slice, pastry, soups, nachos and other light dishes!!!

2 for 1
Pasta Stir Fry
Reg. $4.50 per order expires Jan. 1/97

Present this coupon and receive
$2.00 OFF
any regular priced menu item
1 coupon per table expires Jan. 1/97

Note: Coupons cannot be used in conjunction with any other coupons

Free beverage refills with valid College I.D.

QUICKTYPE
TYPING SERVICES
Quick! Professional! Affordable!
Typing resumes, essays, reports, letters, proposals, manuscripts, thesis, brochures, newsletters!
Printed regular or color

Free pick-up and delivery in Welland area
student rates available
Call: 735-8822

ATTENTION STUDENTS

Gwen's Word/Pro Services
is as near as your phone
•Notes typed•
Next day service available
•Graphs•Resumes•
•Color printing•
For information and prices
892-5496
"Over 25 years' experience"

"The Office Assistant"
735-1918

Reasonable rates for students.
Resumes, Cover Letters, Term Papers, Essays etc.
Tables and Graphics available
No job too small
Very little turn over time
Please call after 5:30 on weekdays - anytime on weekends.

Ask for Linda.

☆ Who guards your Computer, T.V., and Stereo, when you go home for the weekend?

☆ How do you know when your roommates are eating your food?

☆ How can your friends get in touch with you anytime anywhere?

We have the answers.

PASSWORD PROTECTION

SECURITY SYSTEMS

Clinton Kruchka
AUTHORIZED DEALER

1-800-561-3099

CUSTOM SYSTEMS AVAILABLE
SPECIAL STUDENT PACKAGES

EATING WELL

Weight loss can be deadly

By JENNIFER HARDING
Staff Writer

If you're trying to lose weight, the way you're doing it could kill you. Most weight loss treatments are ineffective. They can also be dangerous.

You must carefully examine your choices before embarking on a weight-loss plan.

Physical problems may arise from fad and "yo-yo" dieting.

It is important to remember only five per cent of people are able to maintain their weight losses.

Many would be healthier if, instead of focusing on weight, they focussed on healthier eating and exercise habits.

Fad diets are based on false theories of weight loss, and provide inadequate energy and nutrients. Reactions can be as minor as headaches and nausea or as severe as death.

Weight cycling, also called "yo-yo" dieting, can actually increase weight, as after losing some weight, most people tend to gain more weight back. They then repeat this. The fluctuations of weight can increase the risk of diabetes, hypertension, high blood lipids, and death.

Many weight-loss programs assume the answer to a client's weight problem is to work harder and increase will-power. This is not the case.

The reason most weight-loss programs fail is because overweight people's energy regulators are set to maintain a high body weight. These are what need to be modified.

Diuretics are also used in weight loss to help reduce water retention. This loss will only last around one day and no fat is lost.

Amphetamines are sometimes prescribed by doctors to reduce appetite, but this effect is only temporary. After the normal appetite is regained, so is the weight and often a dependency on the drug remains.

Over-the-counter drugs are available but have a variety of different effects. Some anesthetize the tongue, reducing taste sensations. Others can cause strokes.

Another approach to weight control is surgery such as stomach stapling and shortening the small intestine. This makes it difficult to eat a large amount of food, but has immediate side effects and can lead to mineral deficiencies.

Gastric balloons are also inserted in the stomach to make it uncomfortable to eat too much food. To minimize the risk of gastric ulcer, internal bruising and intestinal blockage, the balloon must be removed these after three months.

Jaw wiring has been used so that only liquids can be consumed. When the wires are removed, most people gain the weight back immediately.

Diets which severely restrict calorie intake are also common and can result in weight loss, although dieters on this type of diet should be under close medical supervision. These diets can be very dangerous as calorie, fat and carbohydrate levels are so low.

Losing weight gradually and keeping it off may improve health. A regimen of exercise and monitoring fat and energy intakes is a good way to strive for healthy weight. The most effective way to do this is a multiple approach involving diet, physical activity, and behavior and attitude changes.

"Before starting any weight loss program, consult your doctor first. Your doctor can recommend a safe, balanced plan that combines exercise with good nutrition," said Christine Philbrick, satellite campus nurse.

She said the doctor will set a plan with a sensible rate of weight loss.

Make your heart healthy

By JENNIFER HARDING
Staff Writer

How healthy is your heart?

What you eat can either help or hurt your heart.

So, what foods should you choose?

Choose a variety of foods from Canada's food guide and limit foods that contain excess total fat (especially saturated fat), cholesterol and calories. Eat foods high in fibre.

Remember that different people need different amounts of food. The number of choices recommended in the food groups are a guide. What you need depends on your age, body size, activity level and sex.

Fruits and Vegetables: You should eat at least five to ten servings daily. A serving is about half a cup of vegetables, one medium fruit or half a cup of juice.

Fruits and vegetables, with the exception of olives, avocado and coconut, have no fat or cholesterol. Solid fruits are higher in fibre than juices. Fruits also contain pectin, which is water soluble and may lower cholesterol.

Grain Products: At least five to 12 servings of grains should be eaten each day. One serving is equal to one slice of bread, half of a bagel, half of a cup of rice or three quarters of a cup of flaked cereal.

Most breads and cereals are low in fat and cholesterol and are a good source of fibre. Limit the number of commercially prepared baked goods you eat, as they may contain a significant amount of saturated fat.

Meat and Alternatives: You should limit your meat and alternatives choices to two to three per day. Red meat is high in saturated fat and cholesterol. Fish is a better choice. Choose meatless meals such as beans and lentils as they are a good source of fibre.

Milk Products: Select two to four low-fat choices daily. One cup of skim or one per cent milk, one cup of low fat yogurt or a half cup of two per cent cottage cheese equals one serving.

Whole milk dairy products contain large amounts of saturated fat and cholesterol, so always select low fat and skim milk products. Remember to include two servings a day into your diet and do not rely exclusively on cottage cheese. It contains less calcium than other milk products.

Fats and Oils: Limit these to three to six choices daily. Included in this category are margarine, oil, mayonnaise and peanut butter. These are high in calories and must be limited. Instead of using these in cooking, use broth, water or vegetable juices.

"It is important to remember that your body requires cholesterol," said Carolyn Hurst, nurse at Niagara College's health centre at the Welland Campus. "Every cell in your body needs it."

There is good cholesterol and bad cholesterol, said Christine Philbrick, satellite campus health nurse. Bad cholesterol is from saturated fat, such as from butter, lard and animal fat.

"The main reason it is such a major issue in North America is because of saturated fat," said Philbrick. "Other countries don't have the same problem."

Philbrick said there are medications for high cholesterol, but it is best to lower levels through modifying diets.

Holidays the healthy way

By JENNIFER HARDING
Staff Writer

The holiday season is here once again, and for many it is the time of year they gain the most weight.

Tired of the frightful holiday results? Keep your weight down over the holidays and still eat some of those treats.

Try having breakfast foods for lunch. Most are low-cal and filling, and eggs aren't so bad for you. Doctors now okay a few eggs a week.

For the next few weeks, buy unfamiliar fruits, vegetables and healthy snacks. These will make your meals more interesting, and you will be less tempted to snack. Also, most have low to no fat.

Eat filling foods that are low in calories. Fruits, protein-rich foods and items high in carbohydrates (pasta and oatmeal) are the best. Stay away from high fat foods such as donuts and peanuts.

Window-shopping after lunch is an effective way to burn calories and help digestion.

Exercise before going to a party or holiday dinner. It will make you feel good and will help to suppress your appetite for a short time.

Swimming is a good way to relax and get rid of stress during the holidays. Swimming also burns about 450 calories an hour.

If you're at a buffet, make only one trip to stop yourself from eating too much. Another trick is to pick the smallest plate and pile it high to trick yourself into thinking that you're eating more.

At holiday dinners, eat you favorite foods first. You'll end up eating less.

Remember there are holiday treats that are under 250 calories: M&Ms, marshmallows, non-alcoholic eggnog, gingerbread men and cranberry sauce. Others are roasted turkey, chestnuts, pumpkin pie and hot apple cider.

The holidays don't have to be a time of enormous weight gain. You can eat sensibly and still have some of your favorite holiday foods.

FOOD FACT: Drink one glass of water following each of alcohol. This will cut in half the amount of calories as you are drinking half the alcohol you would have.

CANADA'S Food Guide TO HEALTHY EATING

How well do you eat?

Eating a variety of foods from the four food groups is important for maintaining your health. With such a large variety, this is easy. Dairy products include a variety of cheeses, and meat alternates include beans and legumes. Keep healthy low-cal and low fat choices in mind and lower your intake of foods high in oils (such as mayonnaise). Does your diet include these foods?

Photo by Jennifer Harding

SCIENCE

Company uses bacteria to clean up soil

By COLIN HUNEAULT
Staff Writer

Sunoco Inc. is using live bacteria to clean up contaminated soil in Toronto.

An article released by Exploration Network News (Discovery Channel Canada), stated Sunoco had decided to try a friendly approach in restoring 13 acres of contaminated soil.

Sunoco had been using three of its sites for fuel storage when the company discovered fuel had leaked and contaminated more than 85,000 tons of soil.

In June, the company decided to restore the land into productive use by using a method called bioremediation.

Bioremediation is man's answer to slow-eating bacteria.

The natural process requires "ten or hundreds of years," said Al Maddalena, project manager at Arturus Environmental, the company hired to consult on the clean-up.

The bioremediation is expected to clean the contaminated soil by the end of December.

Sunoco was required to dig a pit the size of a football field in order to contain the contaminated soil. Perforated piping was then placed throughout the soil and sealed with a cover to trap the heat.

Water containing nutrients and fertilizer is sprayed through the piping to accelerate the growth of the bacteria.

The growth breaks down petroleum at a faster rate than the natural process.

Prior to this environmentally safe procedure, most companies were using the dig and dump method. Companies would excavate the soil and move it to a landfill site at another location.

Bioremediation has been used for waste water treatment for more than 30 years, but only recently have companies applied the technique for soil cleanup, said Gilles Castonguay, senior engineer for the Ontario Ministry of Environment and Energy.

"It is a natural process," said Harvey Malcolm, manager of Health, Safety and Environment for Arthurus Environmental.

A step in the right direction

Photography made easy

By BRIAN HALLETT
Staff Writer

New technology is a big step for still cameras.

The Epson PhotoPC is a color digital camera and scanner. This camera takes four double "A's" and no film.

The PhotoPC records images on a computer chip inside the camera.

The images are then downloaded to a computer.

The chip that comes with the camera holds 16 to 20 high quality pictures. The pictures have up to 640 by 480 lines of resolution.

The computer can also work as a remote.

The program that comes with the camera has a preview option which allows you to see the picture before you take it. However, it must be hooked up to your computer.

When you print a picture, the quality of the picture depends on two things, the printer and the paper.

The printer prints dots per inch and the more dots per inch your printer can do the better your picture will be. The paper affects the quality the most. Glossy or high gloss is what is recommended by Epson.

Printing pictures is not the only use for this camera.

Since the pictures go right into the computer the camera works well as a scanner.

Editing these images can be done easily.

Depending on the programs you have there are more special effects you can get for your pictures.

This camera is still new and has room for improvement but for someone into photography or computers this might be an item on your Christmas list.

In the name of progress

By COLIN HUNEAULT
Staff Writer

Should animals be subjected to laboratory experiments to further man's knowledge?

It would be very difficult to find someone who is indifferent to the issue. However, animal testing goes far beyond heated debates. The issue comes to term with a more philosophical question.

Is nature the footstool of humanity or is humanity a part of nature?

At present earthquakes, hurricanes and epidemics remind us who's in control. Naturalists will tell us that nature is not too particular of the individual life forms, including humans, but rather it is more concerned with the species. Nature recognizes the importance of the species as a whole to survive.

Animal experiments that clearly save human lives should be tolerated. Any other forms of experiments that cause extinction or does not promote the well being of mankind should cease.

Whether we are aware of it or not, the testing of animals is beneficial to mankind. Nature has provided mankind with the ability to adapt. Lets use it not abuse it.

FAST FACTS

Short Circuit

Aldelphi, Maryland — Army researchers at Aldelphi laboratory in Maryland are testing a device that would bring an end to all police car chases. The device fires an intense beam of electromagnetic radiation at the offending vehicle which overloads the ignition system. Unfortunately, researchers have yet to determined how to prevent the device from short-circuiting a bystander's pacemaker. -
EXN -Exploration Network News

Bandage promotes quick healing

Akron, Ohio — New bio-engineered bandages quicken the healing process. The Genetically Engineered Biological Bandage is a portable tissue-culture system containing segments of DNA. The living bandage stimulates the body's immune system producing a special protein responsible for rapid healing. Patients would spend less time in hospital while enjoying a faster recovery time after surgery.
EXN-Exploration Network News

Canada's cannabis dilemma

Toronto, Ont. — Canada's medical community requires more research into the medicinal value of cannabis before favoring legalization. Cannabis and its derivatives have been used for medicinal purposes for various ailments; however, few reputable publications have been published for evaluation. California and Arizona both passed state laws to decriminalize the use of marijuana. However, lawyers in California are warning doctors that prescribing cannabis is still considered illegal at the federal level. Simular problems would arise in Canada if the medical community prescribed marijuana without amending the Narcotic Control Act.
EXN-Exploration Network News

NASA captures lightening on film

NASA studies reveal two new types of lightening

By COLIN HUNEAULT
Staff Writer

NASA has discovered a new form of lightening.

In a press release NASA unveiled two new types of lightening: red sprites and blue jets.

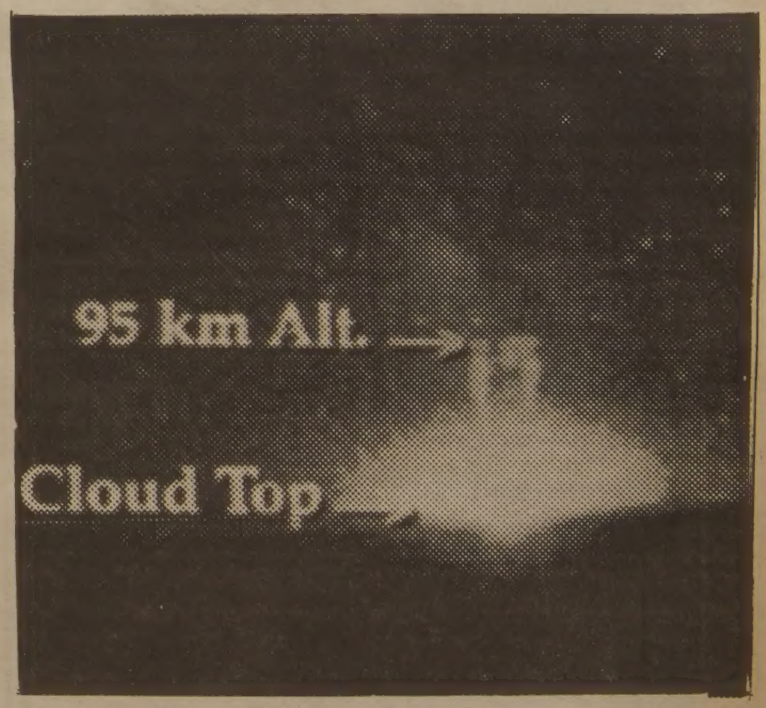
These exotic lightenings occur very high in the earth's atmosphere - much higher than the familiar form of lightening.

Blue jets appear blue in color and go from the tops of clouds to a height of about 50 kilometers. Because blue jets can last up to a full second, one can easily see the jet rise from the clouds with a fast video camera.

Blue jets appear as narrow cones and travel about 100 kilometers per second.

The existence of blue jets had long been speculated, but only in 1994 were aircrafts flown above massive thunderstorms with the high speed video equipment necessary to capture these spectacular events.

In addition to sprites and jets, but possibly related, other types of unexpected emissions appear to originate in thunderstorms. Gamma rays bursts of terrestrial origin, have been detected by the Compton Gamma Ray Observatory.



Lightening discovered in upper atmosphere
Photo by NASA

The phenomena occurs over thunderstorm regions, and its source is believed to lie at altitudes greater than 30 km.

Reports of rocket-like objects above thunderstorms go back more than a century and there have been several pilot reports of similar phenomena. The associated gamma ray bursts were only recently reported.

Together, these phenomena suggest thunderstorms exert a much greater influence than was previously suspected.

Scientists are unsure of the cause and nature of red sprites and blue jets.

LRC collections

By DEBRA BRIGHT
Staff Writer

All too often the collections of material in our campus libraries are taken for granted.

In the Niagara College system, there are five Learning Resource Centres (LRC), including the Welland and St. Catharines campuses, the Mack School of Nursing Education, the Horticultural Centre in St. Catharines and the Maid of the Mist Centre in Niagara Falls.

The LRCs are organized to support the research and study needs of the Niagara College academic community.

Each of these LRCs has a unique collection, reflecting the programs it serves.

The Welland campus, which has the largest student population and variety of programs, has the largest collection.

It includes about 42,000 books, 400 subscriptions to newspapers, popular magazines and journals, reference books, CD-ROM databases, vertical files and audio-visual materials.

The St. Catharines collection supports programs in technology, trades, adult basic training and English as a Second Language.

At the Mack School of Nursing Education, the collection supports nursing programs.

The main focus of the LRC is its periodical collection.

It's the only specialized nursing library in the Niagara Region.

For this reason, it's not unusual to have nursing students from various colleges and universities coming to Mack to do their research.

These materials will be incorporated into the Welland campus once the Mack Centre closes in June 1998.

At the Horticulture Centre, the collection is small, but extensive.

This specialized collection is based on horticultural materials. It covers everything from botany to biology and has an extensive vertical file.

At the Maid of the Mist Centre, the LRC collection supports programs in hotel management, front office practice, casino, cookery, and travel and tourism.

It contains 2,200 books and 620 videos cassettes of related materials.

It also has a map collection, which is used for making an itinerary for travel destination projects.

An extensive vertical file is filled with newspaper clippings of various destinations, brochures and pamphlets.

The TripMaker computer program can find information on most destinations, such as climate, visiting features or border crossings.

Although videos cannot be loaned between campus libraries, books may be.

Borrowers should call ahead for hours of operation as library hours vary throughout the year.

Almost ready to open

It took years of debate and months of construction, but Casino Niagara in Niagara Falls, Ont., is set to officially open on Monday, Dec. 9. But on Saturday, more than 5,000 invited guests and dignitaries will tour the facility, built in the city's busy tourist district formerly on the site of Maple Leaf Village. A number of former Niagara College students are employed with Casino Niagara in various jobs. The casino is expected to attract between 15,000 and 25,000 visitors a day. About 96,000-square-feet of gaming space will come to life with 3,000 slot machines. These will accept tokens in Canadian currency in amounts of 25 cents, 50 cents, $1, $5, $20 and $100.

Photo by Mike Hastings

"Start Packing for the Best Spring Break Trip Ever

THE RUMORS ARE TRUE

THE BEST TRIP OF THE YEAR IS HAPPENING

NO DRESS CODE
NO CLASSES
NO TEACHERS
NO ASSIGNMENTS

AIR TRANSAT HOLIDAYS
Acapulco, Mexico
March 9 -16, 1997

SUN, SAND, GUYS AND GIRLS, NIGHT CLUB

WHAT'S IT COST ME?
STARTS FROM ONLY $827.00
INCLUDES TAXES & INSURANCE
PER PERSON BASED ON QUAD OCCUPANCY

WHAT'S OFFERED?
AIR TRANSAT HOLIDAYS TRIP INCLUDES:
RETURN AIRFARE FROM TORONTO TO Acapulco
ROUND TRIP TRANSFERS
1 WEEK AT THE ROMANO PALACE HOTEL
INSURANCE AND TAXES
AND OTHER GREAT STUFF

MUST BE BOOKED BY JANUARY 15, 1997
SPACE IS VERY LIMITED

FOR MORE INFORMATION CONTACT:

HEATHER PRICE IN OUR HOLIDAY/CRUISE CENTRE

AMERICAN EXPRESS

CALL US AT 688-1400
PENINSULA TRAVEL
AMERICAN EXPRESS
80 KING STREET ST. CATHARINES

Niagara College and the Child Care Centre wish everyone a Very Merry Christmas & Happy New Year

Happy Holidays
from
the
Welland
Public Library
140 King Street
Welland, Ontario
L3B 3J3
Ph: (905) 734-6210
Fax: (905) 734-8955

We've Got What You're Looking For!

Christmas Skating Schedule - Youth Arena

Dec. 23	1:00 p.m. - 2:30 p.m.		Jan. 1	CLOSED
24	1:00 p.m. - 2:30 p.m.		2	1:00 p.m. - 2:30 p.m.
25	CLOSED		3	1:00 p.m. - 2:30 p.m.
26	NO SKATING	Admission	4	1:00 p.m. - 2:30 p.m. Main Arena
27	1:00 p.m. - 2:30 p.m.	$1.00 - children under 12		
28	1:00 p.m. - 2:30 p.m.	$1.50 - teens, adults & seniors		
29	1:00 p.m. - 2:30 p.m.		5	2:00 p.m. - 3:30 p.m. Youth Arena
30	1:00 p.m. - 2:30 p.m.			
31	1:00 p.m. - 2:30 p.m.			

Call: Parks Recreation Arena
at **732-1414**
Winter Program Registrations now being accepted for children, adults & seniors

Coloring Contest

Color the winter scene above & Santa will pick two.
Open to children only.
Two prizes - 1 for ages 3 - 4
- 1 for ages 5 - 6
To be presented Dec. 13
Submit to the Child Care Centre, by Wed. 11/97 (photo copies accepted)